MINISTERIO DE CIENCIA, INNOVACIÓN Y UNIVERSIDADES

Cofinanciado por la Unión Europea

AGENCIA ESTATAL DE INVESTIGACIÓN

CV date	01/2024

Part A. PERSONAL INFORMATION

First name	Inés		
Family name	Nieto Romero		
Gender	Female	Birth date (dd/mm/yyyy)	22/12/1994
ID number	53810336L		
e-mail	ines.nieto@urjc.es	URL Web	
Open Researcher and Contributor ID (ORCID)		0000-0001-8902-3791	

A.1. Current position

Position	Post-doctoral researcher		
Initial date	15/11/2022		
Institution	King Juan Carlos University		
Department/Center	Research Centre in Sports Science		
Country	Spain	Teleph. number	
Key words	Social Return of Investment, Mental and physical health, Clinical interventions, Data analysis		

A.2. Previous positions

Period	Position/Institution/Country/Interruption cause
09/2022-present	Lecturer at UNIE Universidad, Spain. Teaching in Statistics applied to data analytics (Computer Engineering degree).
07/2022-08/2022	Postdoctoral assistant at Ghent University, Belgium. Faculty of Psychology and Educational Sciences. Department of Experimental Clinical and Health Psychology.
09/2020-06/2022	Lecturer at EAE Business School, Spain. Teaching in Business Performance Analysis (Big Data & Analytics master), Customer Analytics and Visualization Tools (Customer Analytics minor)
04/2018-06/2022	UCM predoctoral contract at Complutense University of Madrid, Spain. Department of Personality, Evaluation and Clinical Psychology.
02/2018-04/2018	Research Support Staff (PAI) at Complutense University of Madrid, Spain. Department of Personality, Evaluation and Clinical Psychology.
10/2017-02/2018	Master's internship at the Human Resources company Grupo Actual, Spain. Specialization in data management and analytic tools.
11/2016-03/2017	'Collaboration in department' scholarship from the Ministry of Education, Culture and Sports at Complutense University of Madrid, Spain. Department of Personality, Evaluation and Clinical Psychology.
06/2016-11/2016	Research Support Staff (PAI) at Complutense University of Madrid, Spain. Department of Personality, Evaluation and Clinical Psychology.

A.3. Education

PhD, Licensed, Graduate	University/Country	Year
PhD in Psychology CUM LAUDE, International	Complutense University of Madrid (UCM)	2017-2022
Master in Methodology in Behaviour and Health sciences	UCM, Autonomous University of Madrid, UNED	2016-2018
Bachelor in Psychology	Complutense University of Madrid (UCM)	2012-2016

Part B. CV SUMMARY

Scientific contributions

My research experience includes the participation in 3 competitive national projects funded by the Ministry of Economy and Competitiveness and the Ministry of Science and Innovation and 1 competitive international project funded by the FWO as research team, and the participation in a competitive project funded by the UCM as principal investigator (PI). The resulting research was focused on the study of the mechanisms underlying emotional disorders and their treatment with different science-based approaches. This is an area of great social

relevance given the current rates of disorders such as depression and anxiety. These studies included pioneering analytic approaches such as the network analysis, which complemented my specialization in scientific methodology and data analysis. These results have been disseminated with 12 scientific publications in JCR journals and 18 presentations at national and international conferences. This trajectory has provided scientific abilities with the design and implementation of studies, technical abilities with the use of measurement tools and data analysis, leadership abilities with the role as PI and the organization of conferences, and international network capacity with the collaboration in a Belgian project and my working stays in foreign universities. In November 2022, I started working at the Sports Science Research Centre at King Juan Carlos University, with a public and competitive postdoctoral contract, with the aim to reach a transversal approach to health in which mental and physical health impact each other and keeping my interest in science-based approaches to treatment.

Contributions to society

As part of my predoctoral research, I developed an online program for modifying cognitive biases in depression and anxiety under the Creative Commons BYNC-SA 4.0 International License. Furthermore, the result of my participation as PI in the project funded by the UCM Student Observatory gave rise to a training workshop on the impact of Social Networks on the mental health of students. This workshop has already been implemented twice at the university. My collaboration with the company MedeaMind (focused on treating patients using an integral approach with nutrition, physical exercise, and psychotherapy services) and the University of Tilburg led to different dissemination articles that promote knowledge of scientific results in the population. Additionally, my participation in Psycast gave rise to audio-visual resources on mental health for the public.

As part of my postdoctoral research, we are developing a model to evaluate the impact that physical activity and sport have on society, including mental health and subjective wellbeing. This model is intended to be tested in different contexts (countries, cities, centres) and is being externally supervised by the Physical Activity and Health Unit of the Health Prevention Department of World Health Organization to generate a reliable international tool that provides data on the importance of an active life. This contract has already resulted in two reports for dissemination in the private sector (Jiménez et al. 2023a, 2023b), collaboration with the public sector (Fundación Deporte Joven) in the creation of a Strategic Plan against Physical Inactivity and Sedentary Lifestyle in Spain, and an international project for UNESCO to Evaluate Physical Activity, Sports and Recreation programs in Bogotá (Colombia). In parallel, we have created the Spanish Research Network in Social Return of Investment in Sport, recognised by the Ministry of Culture and Sport, and formed by researchers from different parts of the country.

Contributions to training and evaluation

My teaching experience includes both the areas of mental (Psychopathology, Personality, among others) and physical health (Information technologies in the sciences of sport) for university students. Also, I have taught courses on methods and data analysis ("Introduction to meta-analysis"; "TRAINING IN R software"; "Network Analysis: Concepts and methodology") for the research training of university personnel. I have supervised several Final Degree Projects (Cardenal Cisneros University 2021/2022 and King Juan Carlos University 2023-2024) and one master's thesis focused on European Sports Policies (EuropeActive, 2022-2023). Finally, I have been a member of Final Degree Projects evaluation committees (Cardenal Cisneros University 2021/2022) and I am a volunteer reviewer of scientific articles in different magazines (2020-present).

Part C. RELEVANT MERITS

C.1. Publications

1. **Nieto**, I., Mayo, X., Davies, L., Reece, L., Stafford, B., & Jimenez, A. (under review). Striving for Global Consensus: a systematic review of Social Return on Investment applied to physical activity and sport. *Journal of Physical Activity & Health*.
2. **Nieto**, I., Mayo, X., Davies, L., Reece, L., Stafford, B., & Jimenez, A. (under review). Consensus on a Social Return on Investment model of Physical Activity and Sport: A Delphi study. *International Journal of Behavioural Nutrition and Physical Activity.*
3. Zangri, R.M., Andreu, C.I., **Nieto, I**., González-Garzón, A.M., & Vázquez, C. (2022). Efficacy of mindfulness to regulate induced emotions in the laboratory: A systematic review and meta-analysis of self-report and biobehavioral measures. *Neuroscience & Biobehavioral Reviews, 143,* 104957. https://doi.org/10.1016/j.neubiorev.2022.104957

4. Boemo, T., **Nieto, I.,** Vazquez, C. & Sanchez-Lopez, A. (2022). Relations between emotion regulation strategies and affect in daily life: A systematic review and meta-analysis of studies using ecological momentary assessments. *Neuroscience and Biobehavioral Reviews, 139,* 104747. https://doi.org/10.1016/j.neubiorev.2022.104747
5. Diez, G., Roca, P., **Nieto, I.,** McGrath, R.E., & Vázquez, C. (2022). The network structure of the VIA-120 inventory of strengths: an analysis of 1,255,248 respondents. *The Journal of Positive Psychology*, 1-14. https://doi.org/10.1080/17439760.2022.2109205
6. **Nieto, I.,** & Vazquez, C. (2021). Disentangling the mediating role of modifying interpretation bias on emotional distress using a novel cognitive bias modification program. *Journal of Anxiety Disorders, 83,* 102459. https://doi.org/10.1016/j.janxdis.2021.102459
7. **Nieto, I.,** Everaert, J. & Koster, E. (2021). The role of emotional memory in reappraising negative self-referent cognitions. *Cognitive Therapy and Research, 45,* 1141–1149. https://doi.org/10.1007/s10608-021-10216-6
8. **Nieto, I.,** Robles, E., & Vazquez, C. (2020). Self-reported cognitive biases in depression: A meta-analysis. *Clinical Psychology Review, 82,* 101934. https://doi.org/10.1016/j.cpr.2020.101934
9. **Nieto, I.,** Navas, J.F., & Vázquez, C. (2020). The quality of research on mental health related to the COVID-19 pandemic: A note of caution after a systematic review. *Brain, Behavior, & Immunity – Health, 7,* 100123. https://doi.org/10.1016/j.bbih.2020.100123
10. Contreras, A., **Nieto, I.,** Valiente, C., Espinosa, R., & Vazquez, C. (2019). The study of psychopathology from the network analysis perspective: A systematic review. *Psychotherapy and Psychosomatics, 88(2),* 71-83. doi: 10.1159/000497425

C.2. Congresses

1. **Nieto**, I., Mayo, X., Davies, L., Reece, L., Stafford, B., & Jimenez, A. Consensus on a Social Return on Investment model of Physical Activity and Sport: Delphi study protocol. Exercise for Health SUMMIT 2023. Meliá Castilla Hotel, Madrid, Spain. Oral presentation.
2. **Nieto**, I., Mayo, X., Davies, L., Reece, L., Stafford, B., & Jimenez, A. Social Return on Investment on Physical Activity and Sport– Methodology. Preliminary results meeting of the project "Measuring sport: indicators in sustainable development and social return on investment", 2023. Hyatt Place Convention Center, Bogota, Colombia. Oral presentation.
3. **Nieto, I.,** Everaert, J. & Koster, E. The role of emotional memory in reappraising negative self-referent cognitions. 5th Spanish Congress of Positive Psychology 2022, Universidad de Deusto, Bilbao, Spain. Oral presentation.
4. Zangri, R.M., Andreu, C.I., **Nieto, I**., González-Garzón, A.M., & Vázquez, C. Efficacy of mindfulness to regulate induced emotions in the laboratory: A systematic review and meta-analysis of self-report and biobehavioral measures. 5th Spanish Congress of Positive Psychology 2022, Universidad de Deusto, Bilbao, Spain. Oral presentation.
5. **Nieto, I.,** & Vazquez, C. Disentangling the mediating role of modifying Interpretation bias on emotional distress using a novel CBM program. II International Congress for Young Researchers in Psychology (INICIAte) 2022, online. Oral presentation.
6. **Nieto, I.,** & Vazquez, C. Disentangling the mediating role of modifying Interpretation bias on emotional distress using a novel CBM program. Inaugural Conference of the Association for Cognitive Bias Modification (ACBM) 2022, online. Oral presentation.
7. Diez, G., Roca, P., **Nieto, I.,** McGrath, R.E., & Vázquez, C.The network structure of the VIA-120 Inventory of Strengths. Multi-disciplinary wellbeing symposia 2021, online. Oral presentation.
8. Boemo, T., **Nieto, I.,** Vazquez, C. & Sanchez-Lopez, A. Momentary use of emotional regulation strategies in healthy and disordered affective dynamics: systematic review and meta-analysis of studies using daily diary and experience sampling methods. 7th International conference on emotions, well-being, and health. Emotions 2019, Tilburg University, Netherlands. Oral presentation.
9. Blanco, I., **Nieto, I.,** & Vazquez, C. The emo-SNARC effect: New evidence that emotional stimuli affect the impact of number magnitude on gaze patterns. 7th International conference on emotions, well-being, and health. Emotions 2019, Tilburg University, Netherlands. Oral presentation.
10. **Nieto, I.,** Robles, E., & Vazquez, C. Cognitive biases in depression: A systematic review and meta-analysis based on self-report questionnaires. 9th World Congress of Behavioural and Cognitive Therapies 2019, City Cube, Berlin, Germany. Oral presentation.

C.3. Research projects

1. "Social and economic impact of promoting a physically active lifestyle through the creation of a pilot research unit called THiNK Active". Line of research: Assessment of the social and economic impact of promoting an active lifestyle. Ref. V1000. Funding body: EuropeActive. Call: King Juan Carlos University call for hiring Research Staff, reference 3526. PI: Alfonso Jiménez, King Juan Carlos University. Start and end date: 01/04/2021 to 01/05/2025. Amount of the grant: 80.000 euros. Type of participation: postdoctoral researcher.
2. Project on UCM students of the Student Observatory (POE-UCM). Line of research: Study on the impact of Social Networks on the mental health of students and proposal for a training workshop (RRSS-SM). Funding body: UCM Student Observatory. Call: II Call for projects on UCM students of the Student Observatory (POE-UCM). IP: Inés Nieto and Carolina Marín, Complutense University of Madrid. Start and end date: 25/05/2022-10/12/2022. Amount of the grant: 6160 €. Type of participation: IP.
3. "Multiple roads towards rumination? Integrating cognitive control in sel-fregulatory and metacognitive models of rumination". Ref: 3E000621. Funding Body: Research Foundation - Flanders (FWO). PI: Ernst Koster, Ghent University. Start and end date: 01/10/2021-30/09/2024. Type of participation: researcher.
4. "Psychological mechanisms of standardized interventions based on mindfulness: a comprehensive psychonectonomic approach based on network analysis". Ref: PID2019-108711GB-I00. Funding body: Ministry of Science and Innovation. Call:. R+D Projects Generation of Knowledge. PI: Carmelo Vázquez, Complutense University of Madrid. Start and end date: 06/01/2020 -31/05/2023. Type of participation: researcher.
5. "Cognitive bias modification in depression: Basic research and clinical applications". Ref: PSI2015-69253-R. Funding body: Ministry of Economy and Competitiveness. PI: Carmelo Vázquez, Complutense University of Madrid. Start and end date: 01/01/2016-31/12/2018. Amount of the grant: 77400€. Type of participation: researcher.
6. "Change of attention patterns towards emotional stimuli through eye-tracking techniques: A new intervention for depression". Ref: PSI2014-61764-EXP. Funding body: Ministry of Economy and Competitiveness. Call:. Explora Science and Explora Technology Projects 2014. PI: Carmelo Vázquez, Complutense University of Madrid. Start and end date: 01/09/2015-31/08/2017. Amount of the grant: 36300 €. Type of participation: researcher.

C.4. Contracts, technological or transfer merits

Reports and scientific dissemination

1. Jimenez, A., **Nieto, I**., Mayo, X., Reece, L. & Davies, L. (2023). Understanding the social and economic value of an incredible industry… a THiNK Active report. *EuropeActive*. Brussels. DOI: 10.13140/RG.2.2.19610.72640 Link
2. Jimenez, A., **Nieto, I.,** & Mayo, X. (2023). II Report on the social and economic impact of the physical activity and sports sector. *Spain Active Foundation*. Link
3. Everaert., J. & **Nieto., I.** (2022). Challenging unhelpful interpretations in daily life: 4 questions to think about. *Psychology Today.* Link

Clinical developments

4. **Nieto, I.,** Marín, C. & Martínez, B. (2022). Creation of a training workshop on the impact of Social Networks on mental health (RRSS-SM). *Complutense University of Madrid*. Link
5. **Nieto, I.** & Vázquez. C. (2021). Creation of an online program to modify cognitive biases in people with depression and anxiety. Creative Commons BYNC-SA 4.0 International License. *Complutense University of Madrid*. https://doi.org/10.1186/s13063-021-05459-3

Other

7. Spanish Research Network in Social Return of Investment in Sport. Ref: 26/UPB/23. Funding body: Ministry of Culture and Sport. Call: Ayudas para «Redes de Investigación en Ciencias del Deporte». Start and end date: 01/06/2023 to 15/11/2023. Amount of the grant: 8000 €.
8. Project "Evaluation of physical activity, sports, and recreation programs in Bogotá D.C." Funding body: UNESCO. Start and end date: 01/06/2023-21/11/2023. Amount of the contract: 26,000 US$.
6. Project "Creation of a Strategic Plan against Physical Inactivity and Sedentary Lifestyle in Spain" Funding body: Fundación Deporte Joven, Consejo Superior de Deportes. Start and end date: 01/04/2023 to 31/10/2023. Amount of the contract: 75.000 euros.