



INTERDEM MEMBERS – BRIEF CURRICULUM VITAE

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Please can you also add a picture of yourself

Picture

NAME: Andrés Losada

TITLE: Professor

PROFESIONAL GROUPING: Universidad Rey Juan Carlos, Madrid, Spain

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PRESENT POSITION (e.g. Director of): Director of the research group Cuidemos

HIGHEST ACADEMIC QUALIFICATION (e.g. PhD, MD etc.): Ph.D.

PROFILE OF MEMBER:

AREAS OF EXPERTISE: Clinical Psychology, non pharmacological interventions, interventions for caregivers, cross-cultural research

KEY PUBLICATIONS (Max. 5):

- 1- Losada, A., Márquez-González, M., Vara-García, C., Gallego-Alberto, L., Romero-Moreno, R., & Pillemer, K. (2018). Ambivalence and guilt feelings: Two relevant variables for understanding caregivers' depressive symptomatology. *Clinical Psychology & Psychotherapy*, 25, 59-64.
- 2- Losada, A., Pillemer, K., Márquez-González, M., Romero-Moreno, R., & Gallego-Alberto, L. (2017). Measuring ambivalent feelings in dementia family caregivers: the Caregiving Ambivalence Scale (CAS). *The Gerontologist*, 57, e37-e46. doi: 10.1093/geront/gnw144.
- 3- Losada, A., Márquez-González, M., Romero-Moreno, R., Mausbach, B., López, J., Fernández-Fernández, V., & Nogales-González, C. (2015). Title: Cognitive Behavioral Therapy (CBT) versus Acceptance and Commitment Therapy (ACT) for dementia family caregivers: results of a randomized clinical trial. *Journal of Consulting & Clinical Psychology*, 83, 760-772.
- 4- Losada, A., Márquez-González, M., Romero-Moreno, R. & López, J. (2014). Development and Validation of the Experiential Avoidance in Caregiving Questionnaire (EACQ). *Aging & Mental Health*, 18, 897-904.
- 6- Losada, A., Márquez-González, M., García-Ortíz, L., Gómez-Marcos, M.A., Fernández-Fernández, V., & Rodríguez-Sánchez, E. (2012). Loneliness and mental health in a representative sample of community-dwelling Spanish older adults. *Journal of Psychology: Interdisciplinary and Applied*, 146, 277-292

RELEVANT RESEARCH ACTIVITY:

- Current: January 2016-December 2019. Project title: Guilt feelings, dysfunctional thoughts, cultural values and mental and physical health of dementia family caregivers: longitudinal, intervention and experimental analysis. Funding Source: Spanish Ministry of Economy and Competitiveness. Principal Investigator: Andrés Losada.
- January 2013-December 2015. Project title: Structured individual psychological intervention vs. modular intervention guided by functional analysis for dementia family caregivers (PSI2012-31293). Funding Source: Spanish Ministry of Economy and Competitiveness. Principal investigator: Andrés Losada.

CURRENT RESEARCH INTERESTS/ONGOING PROJECT TITLE:

Dementia family caregiving
Non-pharmacological interventions
Stress and coping process
Psychological dimensions and loneliness

HOW DO YOU INTEND TO CONTRIBUTE TO INTERDEM:

Contributing to joint research with other members with similar research interests. Developing projects, sharing data for cross-cultural studies, allowing visits of researchers to our lab, etc.