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Department	Personality, Assessment & Clinical Psychology
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Present Position

Tenured-Associate Professor & Director of the University Psychology Clinic, Department of Personality, Assessment & Clinical Psychology. Complutense University of Madrid, Spain

Degrees/Diplomas	University	Field	Year conferred
Master's Degree	Complutense University of Madrid	Behavioural Intervention in Health Psychology	1992
Doctor's Degree	Complutense University of Madrid	Clinical Psychology	1995
Title of Psychologist Specialized in Clinical Psychology	Spanish Ministry of Education and Science & Spanish Ministry of Health	Clinical Psychology	2004
European Certificate of Specialist Expertise in Psychotherapy	European Federation of Psychologists Associations (EFPA)	Psychotherapy	2005

Honours, prizes, scholarships, grants, etc. (since 2004)	Year awarded
Research grant from the Spanish Ministry of Science and Technology (No. BSO2003-08321). Research project entitled "Personality and high blood pressure: identifying psychological risk factors for essential hypertension"	2003-2006
Research grant from the Spanish Ministry of Education and Science (No. SEJ2006-02003). Research project entitled "Efficacy of stress management training for essential hypertension"	2006-2009
Research grant from the Foundation of the Complutense University of Madrid. Research project entitled "Smoking cessation program"	2006-2008
Research grant from the Community of Madrid, Council of Family & Social Affairs. Research project entitled "Psychological treatment program for adolescents who attack or abuse their parents"	2007-2009
Research grant from the Agency of the Community of Madrid for the Reeducation and Reinsertion of Minor Offenders. Research project entitled "Development of psychoeducational intervention protocols based on clinical research with minor	2008-2009

offenders of the Community of Madrid, and implementation and follow-up of the appropriate instruments in the cases of children who abuse their parents”	
Research grant from the University Complutense Madrid. Research project entitled “Knowledge of the Spanish population about the psychological consequences of terrorist attacks and catastrophes and the related coping strategies: implications for the development of psychological self-help guides”	2009-2011
Research grant from the Spanish Ministry of Science and Innovation (No. PSI2009-10867). Research project entitled “Influence of trait anxiety, illness anxiety and state anxiety on white coat effect and isolated clinic hypertension”	2010-2011
Research grant from the Spanish Ministry of Science and Innovation (No. PSI2009-13100). Research project entitled “Clinical usefulness (effectiveness) of evidence-based psychological treatments for depressive and anxiety disorders, and predictors of therapeutic improvement and treatment prolongation”	2010-2011
Research grant from the Agency of the Community of Madrid for the Reeducation and Reinsertion of Minor Offenders. Research project entitled “Application and clinical research-based validation of a psychoeducational intervention protocol for cases of children who abuse their parents”	2010-2011
Research grant from the Spanish Red Cross. Research project entitled “Utility of the psychosocial interventions in emergency contexts”	2011-2012
Research grant from the Spanish Ministry of Science and Innovation (No. PSI2011-26450. Research project entitled “Follow-up of terrorism victims and effectiveness of psychological treatments”	2012-2014

Relevant academic, research and professional experience	From year	To year
Tenured Associate Professor. Complutense University of Madrid	2001	Present
Director of the University Psychology Clinic. Complutense University of Madrid.	1998	Present
Clinical Psychologist and Program Coordinator. Rescue and Emergency Volunteer Unit of the Spanish Red Cross	1990	1990
Technical Director and Clinical Psychologist. “EX-MOKER” Smoking Cessation Centre, Madrid, Spain	1992	1995

Number of publications (excluding abstracts, proceedings or letters published)	96
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List of international publications (since 2004)
García-Vera, M. P., Sanz, J., & Prieto, J. M. (2012). Psychotherapy in Spain: rapid growth and the vicissitudes of clinical psychology. In R. Moodley, U. P. Gielen, & R. Wu (Eds.), <i>Handbook of counseling and psychotherapy in an international context</i> (pp. 326-336). New York: Routledge.
García-Vera, M. P., Sanz, J., & Prieto, J. M. (2012). The current situation of undergraduate and postgraduate education in psychotherapy for psychologists in Spain. In S. McCarthy, K. L. Dickson, J. Cranney, A. Trapp y V. Karandashev (Eds.), <i>Teaching psychology around the world, vol. 3</i> (pp. 311-329). Newcastle upon Tyne, UK: Cambridge Scholars Publishing.
Estupiñá, F., Labrador, F. J., & García-Vera, M. P. (2012). A study of patients who go to a psychology clinic seeking treatment. <i>The Spanish Journal of Psychology, 15</i> , 275-285.
García-Vera, M. P., & Sanz, J. (2011). Psychology applied to terrorism: psychological treatment for victims of terrorist attacks. In P. R. Martin, F. Cheung, M. Kyrios, L. Littlefield, M. Knowles, B. Overmier, & J. M. Prieto (Eds.), <i>The IAAP Handbook of Applied Psychology</i> (pp. 663-683). Oxford: Wiley-Blackwell Publishing.
Espinosa, R., Spruill, T. M., Zawadzki, M. J., Vandekar, L., García-Vera, M. P., Sanz, J., Pickering, T. G.,

Linden, W. L., & Gerin, W. (2011). Can blood pressure measurements taken in the physician's office avoid the "white coat" bias? *Blood Pressure Monitoring, 16*, 231-237.

García-Vera, M. P., Sanz, J., Fortún, M., Espinosa, R., & Magán, I. (2010). Differences in emotional personality traits and stress between sustained hypertension and normotension. *Hypertension Research, 33*, 203-208.

Sanz, J., García-Vera, M. P., Espinosa, R., Fortún, M., Magán, I., & Segura, J. (2010). Psychological factors associated with poor hypertension control: differences in personality and stress between patients with controlled and uncontrolled hypertension. *Psychological Reports, 107*, 923-938.

Sanz, J., García-Vera, M. P., & Magán, I. (2010). Anger and hostility from the perspective of the Big Five personality model. *Scandinavian Journal of Psychology, 51*, 262-270

García-Vera, M. P. (2009). Clinical usefulness of cognitive-behavioural treatments for psychological disorders caused by terrorist attacks with high victim rates. In E. Řehulka (Ed.), *School and health 21. Topical issues in health education* (pp. 239-250). Brno: MSD.

García-Vera, M. P., & Sanz, J. (2009). The role of exposure techniques in multi-component smoking cessation treatments. In E. Řehulka (Ed.), *School and health 21. General issues in health education* (pp. 203-213). Brno: MSD.

Sanz, J., & García-Vera, M. P. (2009). The Beck Depression Inventory-second edition (BDI-II): factor congruence and generalizability of its indexes of internal consistency. In E. Řehulka (Ed.), *School and health 21. General issues in health education* (pp. 331-342). Brno: MSD.

Magán, I., Sanz, J., & García-Vera, M. P. (2008). Psychometric properties of a Spanish version of the Beck Anxiety Inventory (BAI) in general population. *The Spanish Journal of Psychology, 11*, 626-640.

Sanz, J., Gil, F., García-Vera, M. P., & Barrasa, A. (2008). Needs and cognitive/behavior patterns at work and the Big Five: An assessment of the Personality and Preference Inventory-Normative (PAPI-N) from the perspective of the five-factor model. *International Journal of Selection and Assessment, 16*, 46-58.

García-Vera, M. P., Sanz, J., & Labrador, F. J. (2007). Orienting-defense response pattern and psychophysiological reactivity in isolated clinic versus sustained hypertension. *Clinical and Experimental Hypertension, 29*, 175-188.

Sanz, J., García-Vera, M. P., Magán, I., Espinosa, R., & Fortún, M. (2007). Differences in personality between sustained hypertension, isolated clinic hypertension, and normotension. *European Journal of Personality, 21*, 209-224.

Sanz, J., Gil, F., Barrasa, A., & García-Vera, M. P. (2006). Self-assessment of needs and behavior patterns at work: Spanish adaptation of the Personality and Preference Inventory-Normative (PAPI-N). *Personality and Individual Differences, 41*, 837-847.

Gil, F., Sanz, J., García-Vera, M. P., León, J. M., Medina, S., & Alcover, C. M. (2005). Assessing social skills in health professional services: the case of health-transport technicians. *European Journal of Psychological Assessment, 21*, 173-181.

García-Vera, M. P. (2004). Clinical utility of the combination of cognitive-behavioral techniques with nicotine patches as a treatment for smoking cessation: five-year results from the "Ex-Moker" program. *Journal of Substance Abuse Treatment, 27*, 325-333.

García-Vera, M. P., Sanz, J., & Labrador, F. J. (2004). Blood pressure variability and stress-management training for essential hypertension. *Behavioral Medicine, 30*, 53-62.

Professional memberships

Spanish Psychological Society (COP)

International Association for Applied Psychology (IAAP)

Spanish Society for the Advance in Clinical and Health Psychology (SEPCyS)

European Health Psychology Society (EHPS)

International Society for Traumatic Stress Studies (ISTSS)

American Psychological Association (APA)

Courses taught

Psychopathological consequences of terrorist attacks and their treatments

Psychopathological consequences of catastrophes and their treatments

Posttraumatic stress disorder and its treatment
Cognitive-behavioural therapy
Psychological treatment of tobacco addiction
Cognitive-behavioural treatment of essential hypertension
Health psychology
Clinical child psychology

Conference participation (International congresses, conferences, etc.) (since 2004)
27th International Congress of Applied Psychology (ICAP 2010)
4th International Conference on Psychology Education (ICOPE 2010)
23rd Annual Conference of the European Health Psychology Society (2009)
V Congreso Iberoamericano de Evaluación Psicológica (2005)
XXX Inter American Congress of Psychology (2005)