



<b>Part A. PERSONAL INFORMATION</b>			<b>CV date</b>	21-03-2022
First name	Alvaro			
Family name	Sanchez Lopez			
Gender (*)	Male	Birth date (dd/mm/yyyy)	05/05/1983	
ID number				
e-mail	alvsanch@ucm.es	URL Web: <a href="https://www.ucm.es/e-motionlab-eng/alvaro-sanchez-lopez">https://www.ucm.es/e-motionlab-eng/alvaro-sanchez-lopez</a>		
Open Researcher and Contributor ID (ORCID) (*)	orcid.org/0000-0003-2815-7803			

(\*) Mandatory

### A.1. Current position

Position	Assistant Professor (Profesor Ayudante Doctor)		
Initial date	27/11/2021		
Institution	Universidad Complutense de Madrid (UCM)		
Department/Center	Departamento de Personalidad, Evaluación y Psicología Clínica		
Country	Spain	Teleph. number	(+34) 91 394 3105
Keywords	Cognitive neuroscience; Cognitive Biases; Emotion Regulation; Depression; Anxiety; Resilience; Cognitive Bias Modification		

### A.2. Previous positions (research activity interruptions, art. 14.2.b))

Period	Position/Institution/Country/Interruption cause
2018-2021	Senior post-doctoral researcher (Programa Talento CAM Mod I) / UCM / Spain
2013-2017	Post-doctoral researcher (FWO fellow) / Ghent University / Belgium
2012	Assistant Professor (Titular Interino) / Univ. Autónoma de Madrid/Spain
2007-2011	Pre-doctoral Researcher (FPU Fellow) / UCM / Spain

### A.3. Education

PhD, Licensed, Graduate	University/Country	Year
PhD in Clinical Experimental Psychology	Univ. Complutense de Madrid	2011
Diploma Advanced Studies (Clinical Exp. Psychology)	Univ. Complutense de Madrid	2008
Bachelor's in psychology (major in Clinical Psychology)	Univ. Complutense de Madrid	2006

### Part B. CV SUMMARY

I am an Assistant Profesor at Complutense University of Madrid. Since 2018, I lead my own research team at UCM, where I have been Principal Investigator of a research project funded by a Grant from the Talento Program of the Community of Madrid (2018-2021), and another research project, funded by the Spanish Ministry of Science (program "Generación de Conocimiento", 2019-2021). Before becoming PI at UCM, I worked from 2013 to 2017 as a post-doctoral researcher at the prestigious Psychopathology and Affective Neuroscience lab (Panlab) at Ghent University (Belgium), being supported by two highly competitive national FWO grants, with my two projects being ranked as 1st in Social Sciences in their corresponding calls. I received my doctoral degree in Psychology from the Complutense University of Madrid in 2011 and joined the Panlab after having stayed at UCM and the University of Miami (at the top-leading lab directed by Prof. Jutta Joormann, currently at Yale University), and having worked as temporary Assistant Professor at the Autonomous University of Madrid in 2012. In my research, I aim to build an integrative approach to better understand the neural, cognitive, and behavioral mechanisms underlying cognitive-affective mechanisms of emotion regulation and stress resilience. This approach comprises the development of novel methodologies to evaluate cognitive-affective functioning either in laboratories, clinical settings, and real-life situations. The scientific production resulting from this integrative research program has been disseminated into 49 articles (47 in JCR, 20 as first author), 3 book chapters and 1 book. Twenty-three of my articles (47%)



are published in top prestigious Q1 journals of their respective fields, such as *Emotion*, *The Journal of Abnormal Psychology*, *Behaviour Research and Therapy*, *Behavior Therapy*, or *Social Cognitive and Affective Neuroscience*, among others. This work has been highly cited (637 cites in total, H index: 15, according to WOS portal). My scientific work is recognized internationally, and I have been recipient of the Early Career Award from the Stress, Trauma, Anxiety, and Resilience Society in 2021. I have participated in 13 funded research projects, in different countries (Spain, Belgium, United Kingdom, United States) and collaborated with international renowned research teams (Prof. J. Joormann, Yale University, Prof. R. De Raedt and E. Koster, Ghent University). I have an extensive experience presenting my work at international conferences (e.g., APS, ABCT, EABCT, WCBCT), being author of 82 peer-reviewed communications, and 12 invited talks at international expert meetings. I currently direct seven Doctoral Theses at UCM, with all PhD researchers integrated into my own research lab, E-Motion Lab (<https://www.ucm.es/e-motionlab-eng>). I am a regular reviewer for top-ranked journals (e.g., *Clinical Psychological Science*, *Behaviour Research and Therapy*, *Emotion*, *Journal of Affective Disorders*), Associate Editor for *Frontiers in Psychology* and *Frontiers in Human Neurociences*, and Consulting Editor for the *Spanish Journal of Psychology*. I also extensively collaborate in the evaluation of projects and individual grants, having assisted the Spanish Agency of Research (AEI) as well as other national research agencies at The Netherlands, Israel and US, among others.

### **Part C. RELEVANT MERITS** (sorted by typology)

#### **C.1. Publications (selection of 15 relevant articles at top peer-reviewed journals)**

- Sanchez-Lopez, A.**, De Raedt, R., Puttevels, L., Koster, E., Baeken, C., & Vanderhasselt, M. A. (2021). Combined effects of tDCS over the left DLPFC and gaze-contingent training on attention mechanisms of emotion regulation in low-resilient individuals. *Progress in Neuro-Psychopharmacology and Biological Psychiatry*, *108*, 110177.
- Sanchez-Lopez, A.**, De Raedt, R., van Put, J., & Koster, E. (2019). A novel process-based approach to improve resilience: Effects of computerized mouse-based (gaze)contingent attention training (MCAT) on reappraisal and rumination. *Behaviour Research and Therapy*, *118*, 110-120.
- Sanchez-Lopez, A.**, Koster, E., van Put, J., & De Raedt, R. (2019). Attentional disengagement from emotional information predicts future depression via changes in ruminative brooding: A five-month longitudinal eye-tracking study. *Behaviour Research and Therapy*, *118*, 30-42.
- Sanchez-Lopez, A.**, Everaert, J., van Put, J., De Raedt, R., & Koster, E. (2019). Eye-gaze contingent attention training (ECAT): Examining the causal role of attention regulation in reappraisal and rumination. *Biological Psychology*, *142*, 116-125.
- Godara, M., **Sanchez-Lopez, A.**, & De Raedt, R. (2019). Music to my ears, goal for my eyes? Music reward modulates gaze disengagement from negative stimuli in dysphoria. *Behaviour Research and Therapy*, *120*, 103434.
- Sanchez-Lopez, A.**, Vanderhasselt, M., Allaert, J., Baeken, C. & De Raedt, R. (2018). Neurocognitive mechanisms behind emotional attention: Inverse effects of anodal tDCS over the left and right DLPFC on gaze disengagement from emotional faces. *Cognitive Affective & Behavioral Neuroscience*, *18*, 485-494.
- Yaroslavsky, I., Allard, E., & **Sanchez-Lopez, A.** (2018). Can't Look Away: Attention Control Deficits Predict Rumination, Depression Symptoms and Depressive Affect in Daily Life. *Journal of Affective Disorders*, *245*, 1061-1069.
- Sanchez, A.**, Duque, A., Romero, N., & Vazquez, C. (2017). Disentangling the interplay among cognitive biases: Evidence of combined effects of attention, interpretation and autobiographical memory in depression. *Cognitive Therapy and Research*, *41*, 829–841.
- Sanchez, A.**, Everaert, J., & Koster, E. H. W. (2016). Attention training through gaze-contingent feedback: Effects on reappraisal and negative emotions. *Emotion*, *16*, 1074-1085.
- Sanchez, A.**, Vanderhasselt, M., Baeken, C. & De Raedt, R. (2016). Effects of tDCS over the right DLPFC on attentional disengagement from positive and negative faces: An eye-tracking study. *Cognitive Affective & Behavioral Neuroscience*, *16*, 1027-1038.



Cek, D., **Sanchez, A.**, & Timpano, K. (2016). Social anxiety-linked attention bias to threat is indirectly related to post-event processing via subjective emotional reactivity to social stress. *Behavior Therapy, 47*, 377–387.

**Sanchez, A.**, Everaert, J., Putter, L., Mueller, S.C., & Koster, E. H. W. (2015). Life is ... great! Emotional attention during instructed and uninstructed ambiguity resolution in relation to depressive symptoms. *Biological psychology, 19*, 67-72.

**Sanchez, A.**, & Vazquez, C. (2014). Looking at the eyes of happiness: Positive emotions mediate the influence of life satisfaction on attention to happy faces. *Journal of Positive Psychology, 9*, 435-448.

**Sanchez, A.**, Vazquez, C., Gomez, D., & Joormann, J. (2014). Gaze-fixation to happy faces predicts mood repair after a negative mood induction. *Emotion, 14*, 85-94.

**Sanchez, A.**, Vazquez, C., Marker, C., LeMoult, J., & Joormann, J. (2013). Attentional disengagement predicts stress recovery in depression: An eye-tracking study. *Journal of Abnormal Psychology, 122*, 303-313.

## **C.2. Congress (selection of 10 relevant oral communications at international conferences)**

**Sanchez-Lopez, A.** (2021, July). *Understanding and intervening cognitive-affective processes of stress regulation: from the lab to real-life functioning*. Invited Closing keynote of the 42nd International Conference of the Stress Trauma Anxiety and Resilience Society, as recipient of the STAR Early Career Award 2021, for the best under-40 years researcher in the study of stress and anxiety. Remote.

**Sanchez-Lopez, A.** (2021, April). *Relations among cognitive processes and emotion regulation: New evidence from the use of new technologies*. Invited talk in the Conference on Emotion Regulation, organized by University of Talca, Talca (Chile), with other invited world-leading experts in emotion regulation such as James Gross (Stanford University) or Tania Singer (Max Plack Institute). Remote.

**Sanchez-Lopez, A.**, Everaert, J., Socastro, A., Blanco, I., & Boemo, T. (2021, May). *Moment-to-moment Interplay Between Daily-life Momentary Stress Appraisals and Interpretation Bias Manifestations: A New Framework to Understand Stress Regulation Mechanisms*. Oral communication at the 2021 Convention of the Association of Psychological Science (APS). Remote.

**Sanchez-Lopez, A.**, van Put, J., & Koster, E. (March, 2019). *Novel steps for the optimization of eye-gaze contingent attention training: effects in attention bias and emotion regulation processes*. Oral communication at the International Convention of Psychological Science, Paris (France).

**Sanchez, A.**, Koster, E. H. W., Van Put, J., & De Raedt, R. (2018, April). *Eye-gaze disengagement from emotional information prospectively predicts depressive symptoms via changes in ruminative brooding: A five-month longitudinal design*. Oral communication at the Anxiety and Depression Association of America (ADAA) Conference, Washington D. C. (United States).

**Sanchez, A.**, Everaert, J., Van Put, J., De Raedt, R., & Koster, E. H. W. (2017, November). *Eye-gaze contingent attention training (ECAT): Examining the causal role of attentional mechanisms in emotion regulation processes*. Oral communication at the 51th Convention of the Association for Behavioral and Cognitive Therapies (ABCT), San Diego (United States).

**Sanchez, A.**, Vanderhasselt, M., Baeken, C. & De Raedt, R. (2017, April). *Effects of tDCS over the right DLPC on attentional disengagement from positive and negative faces: An eye-tracking study*. Oral communication at the Anxiety and Depression Association of America (ADAA) Conference, San Francisco (United States).

**Sanchez, A.**, Everaert, J., & Koster, E. H. W. (2016, October). *Attention training through gaze-contingent feedback: Effects in attentional mechanisms and transfer to reappraisal processes of negative emotions' repair*. Oral communication at the Convention of the Association for Behavioral and Cognitive Therapies (ABCT), New York (United States).



**Sanchez, A.,** Romero, N., & De Raedt, R. (2016, June). *Attention allocation to social feedback during a speech predicts subsequent physiological and self-reported stress recovery in depression*. Oral communication at 8th World Congress of Behav.Cognitive Therapies (WCBCT), Melbourne (Australia).

**Sanchez, A.,** Everaert, J., De Putter, L. M., & Koster, E. H. W. (2015, November). *Emotional attention during instructed and unistructed ambiguity resolution: Depression-linked biases reflect schema-driven and attentional control influences*. Oral communication at the 49th Annual Convention of the Association for Behavioral and Cognitive Therapies (ABCT), Chicago (United States).

### **C.3. Research projects (selection of 10 projects & grants with associated funds for research actions)**

*Attention flexibility and motivational factors of self-regulation: Disentangling the dynamics of stress resilience and protection against depression and anxiety*. **PI: A. Sanchez-Lopez**. Programa Estatal de Generación del Conocimiento y Fortalecimiento Científico y Tecnológico del Sistema de I+D+i. Ref PGC2018-095723-A-I00 (2019-2022). Universidad Complutense de Madrid. Amount: 75.020 €.

*Person-adjusted assessment and training of cognitive/affective mechanisms: Toward a novel adaptation-based approach to improve early risk identification, treatment and relapse prevention for internalizing dysfunctions*. **PI: A. Sanchez-Lopez**. Program of Attraction of Scientific Talent of the Community of Madrid, Modality I (Experienced Researchers). (2018-2022). Universidad Complutense de Madrid. Amount: 198.750 €.

*An adaptation-based approach to understand resilience after job loss: Identifying the underlying mechanisms leading to adaptive coping and re-employment*. **PI: A. Sanchez-Lopez**. European Commission. Marie Skłodowska-Curie Individual Fellowship. (2018-2020). Universidad Complutense de Madrid. Amount: 158.121,6 €.

*On counterfactual thoughts, regret and rumination: the investigation of a groundbreaking theoretical framework in a laboratory and a naturalistic context*. PIs: M.A. Vanderhasselt, R. De Raedt. Research Foundation Flanders (FWO) Ref G044019N (2018-2022). Ghent University (Belgium).

*Attentional control training for depression: Novel steps for treatment optimization and large-scale implementation*. **PI: A. Sanchez**. Research Fund from the Research Foundation Flanders (FWO-12P1218N). (2017-2020). Ghent University (Belgium). Amount: 250.000 €.

*The Role of Cognitive Control in the Transdiagnostic Conceptualization of "Intrusive Thoughts"*. PI: Ryan Jacoby. Charles A. King Trust Fund from the Medical Foundation at Health Resources in Action (HRiA). (2017-2019). Massachusetts General Hospital (United States).

*Understanding the causal role of attention biases in depression: experimental manipulation of attention using eye-tracking techniques*. **PI: A. Sanchez**. Research Fund from Research Foundation Flanders (FWO-117438). (2014-2017). Ghent Univ. (Belgium). Amount: 250.000 €.

*Innovative attention training to achieve stable remission in depression*. PI: E. Koster. MQ Research Fund: Transforming Mental Health, PsyIMPACT program, UK (2016-2018). Ghent Univ. (Belgium).

*Cambio de patrones atencionales hacia estímulos emocionales mediante técnicas de eye-tracking: Una nueva intervención para la depresión*. PI: C. Vazquez. Research Fund from the Spanish Ministry of Science and Innovation. EXPLORA project. Ref PSI2014-61764-EXP (2015-2017). Universidad Complutense de Madrid.

*A cognitive-neuroscience approach to resilience and depression: The processing of positive information*. PIs: R. De Raedt, E. Koster, & G. Pourtois. BOF (Special Research fund) Concerted research activities (GOA-BOF) Ref UG\_10319 (2013-2015). Ghent Univ. (Belgium).

### **C.4. Contracts, technological or transfer merits**

Finalist of the funding action for entrepreneurship, in technical development of the webapp portal <http://www.e-motion-test.com/> to address challenges of COVID-19 (2020) Program *CompluEmprende #Vence al Virus*; Universidad Complutense de Madrid. Amount: 1.500 €.