

Jordi Fernández Castro
Summary of CV
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Name	Jordi Fernández Castro		
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Organism	Universitat Autònoma de Barcelona (UAB)		
Department	Unitat de Psicologia Bàsica de la Facultat de Psicologia (UPB) (Departament de Psicologia Bàsica, Evolutiva i de l'Educació)		
Adress	Edifici B, 08193, Bellaterra (Cerdanyola del Vallès)		
post	Catedrático de Universidad	Fecha inicio	01/10/1992

Summary of the research career.

Full Professor of Psychology at the Autonomous University of Barcelona and Coordinator, from its foundation until 2022, of the Stress and Health Research Group (GIES), a consolidated research group recognized by the AGAUR Agency of the Generalitat de Catalunya. His research has focused on the study of stress and adaptation processes in the face of both daily and work difficulties and their impact on health. Specifically, he has studied how the perception of control and competence influence stress and adaptation and the relationship between situational cognitive assessment and coping strategies.

He has carried out research in which he has studied the relationship between the perception of control and perceived stress with health in cancer patients, kidney patients and those infected with HIV. It should be noted that together with the Urology Department of the Germans Trias i Pujol Hospital, they have established the relationship between work stress and recurrence of renal lithiasis, being the first international study to establish this relationship.

He led the CapLab research group on strategies to promote the maintenance of the working capacity of older workers, financed by the National Institute of Safety, Health and Well-being at Work. Subsequently, he has directed projects related to work engagement, leadership, and work stress.

He has specialized in longitudinal studies in which perceptions and coping strategies over time are related to results observed later, as is the case of monitoring academic anxiety responses in first-year undergraduate students (Rovira et al., 2005), of the anxiety and depression symptoms of breast cancer. cancer (Bárez et al., 2009) or work-related stress in hospital nurses (Fernández-Castro, 2017)

He has been a Senior Research Fellow at the University of Aberdeen for two semester periods (2006 and 2011) integrated into the Aberdeen Health Psychology Group, which is currently attached to the Institute of Applied Health Sciences of said University.

I am a member of different societies such as the Spanish Society for the Study of Anxiety and Stress. (SEAS), the Qualivida association and the Laboral Life Platform. He has also participated in conferences and activities organized by the Stress and Anxiety Research Society (STAR) and the European Health Psychology Society (EHPS).

He has been an advisor to the Institute of Education Sciences and the Department of Education of the Generalitat de Catalunya on issues of work stress for teachers and the Galatea Foundation on issues of work stress for health personnel.

Selected publications

Fernández Castro, J., Ferrer, I., Edo, S., & Rovira, T. (2022). How primary and secondary appraisals of daily stressful events influence negative and positive affect? *Annals of Psychology*, 38(3), 538–545.

Ferrer, I., Fernández-Castro, J., Edo, S., & Rovira, T. (2021). The influence of the primary and secondary appraisal, and of the big five personality traits, on the choice of coping strategies: A study based on daily stress. *Studia Psychologica*, 63(3), 63(3)

Castagnetta; O, Blasco Blasco, T & Fernández-Castro, J. (2021). Estrés cotidiano en supervivientes de cáncer. *Psicooncología*; 18(1): 37-50.

Loayza-Rivas, J., & Fernández-Castro, J. (2020) Perceived stress and well-being: The role of social support as a protective factor among Peruvian immigrants in Spain. *Ansiedad y Estrés*.

Martínez-Zaragoza, F., Benavides-Gil, G., Rovira T., Martín-del-Río, B., Edo, S., ¿et al. (2020) When and how do hospital nurses cope with daily stressors? A multilevel study. *PLOS ONE* 15(11): e0240725.

Martínez-Zaragoza, F., Fernández-Castro, J., Benavides-Gil, G., y García-Sierra, R. (2020) How the Lagged and Accumulated Effects of Stress, Coping, and Tasks Affect Mood and Fatigue during Nurses' Shifts *Int J Environ Res Public Health*, 17(19):7277. doi: 10.3390/ijerph17197277.

Mehrad, A., Fernández-Castro, J., & González Gómez de Olmedo, M. P. (2020). A systematic review of leadership styles, work engagement and organizational support. *International Journal of Research in Business and Social Science* (2147-4478), 9(4), 66–77. <https://doi.org/10.20525/ijrbs.v9i4.735>

García-Sierra R, Fernández-Castro J. (2018). Relationships between leadership, structural empowerment, and engagement in nurses. *Journal of Advanced Nursing*. p. 1 – 11

Vidaña Moya, L., Fernández-Castro, J., Ezquerra Samper, S., Merchán, J. A., & Rodríguez Bailón, M. (2018). Relación entre roles y satisfacción vital en personas con discapacidad física. *Revista Chilena De Terapia Ocupacional*, 18(2), 53–63. <https://doi.org/10.5354/0719-5346.2018.48879>

Jordi Fernández-Castro, Fermín Martínez-Zaragoza, Tatiana Rovira, Silvia Edo, Ángel Solanes-Puchol, Beatriz Martín-del-Río, Rosa García-Sierra, Gemma Benavides-Gil, Eduardo Doval (2017). How does emotional exhaustion influence work stress? Relationships between stressor appraisals, hedonic tone, and fatigue in nurses' daily tasks: A longitudinal cohort study. *International Journal of Nursing Studies*. 75. p. 43 - 50

Martínez-Zaragoza, Fermín; Benavides-Gil, Gemma; Martínez-del-Río, Beatriz; Fernández-Castro, Jordi; Ato-García, Manuel; Solanes-Puchol, Angel. (2017). Flow in

Nurses. A Study of Its Relationship With Health and Burnout in a Hospital Work Context. *Holistic Nursing Practice*. 31. p. 303 - 314

García-Sierra, Fernández-Castro, Martínez-Zaragoza (2017). Implicación de las enfermeras en su profesión. Un estudio cualitativo sobre el engagement. *Enfermería Clínica*. 23. p. 153 - 162

García-Sierra, R., Fernández-Castro, J., & Martínez-Zaragoza, F. (2016) Work engagement in nursing: an integrative review of the literature. *Journal of Nursing Management*, 24. p. E101 - E111

García-Sierra, R.; Fernández-Castro, J., Martínez-Zaragoza, F. (2016). Relationship between job demand and burnout in nurses: does it depend on work engagement? *Journal of Nursing Management*. 24. p. 780 - 788

Fernández-Castro, J.; Limonero, J. T.; González-Olmedo, M.P.; Serrano, R.; López, V.; Rovira, T. (2015). Early Retirement Intention in Workers from the Industry and Service Sectors: Influence of the Perception of Benefits from Retiring or from Continuing to Work. *Open Journal of Social Sciences*. 3. p. 79 - 85

Martínez-Zaragoza, Fermín Benavides-Gil, Gemma Ato-García, Manuel Solanes-Puchol, Angel Martín-del-Río, Beatriz Fernández-Castro, Jordi Pastor-Ruiz, Yolanda (2014). Predictors of distress in hospital physicians: protective and vulnerability factors. *Anales de Psicología*. 30. p. 579 - 587

Selected Research Projects led

- PSI2010-18397. Tareas, demandas, control y afrontamiento en el estrés laboral del personal de enfermería: Un estudio basado en la Evaluación Ecológica Momentánea Ministerio de Ciencia e Innovación. 01/01/2011 - 31/12/2014.

- 107/UAB/CAPLAB. Los trabajadores de mayor edad: estrategias para favorecer el mantenimiento de su capacidad laboral y su intención de mantenerse laboralmente activos. Instituto Nacional de Seguridad e Higiene en el Trabajo. 15/11/2007 - 14/11/2008.

Selected Contracts.

- Asesoramiento sobre salud ocupacional del personal sanitario. Convenio H1035-20269-11503 entre el Departament de Psicologia Bàsica, Evolutiva i de l'Educació de la Universitat Autònoma de Barcelona i la Fundació Galatea.

- Diseño y desarrollo de un método de evaluación ecológica momentánea del estrés. Convenio 15443 entre el Departament de Psicologia Bàsica, Evolutiva i de l'Educació de la Universitat Autònoma de Barcelona i Aploading SL

-Utilización de una metodología basada en la oncología integrativa. Fundación para la Cooperación y el Desarrollo Interregional (FUNDACODE). 28/07/2014 - 27/07/2015.