

### 1. Interested institution:

[University of Navarra](#) – [Institute for Culture and Society](#) – [Education of Human Affectivity and Sexuality](#)

### 2. Brief Description of the Group

#### Main research topics:

- Research on the fundamentals of **affective literacy** and character education in children and adolescents.
- Research on **marriage success** focused in fostering a satisfying marriage from early education up to support in crises stages.
- Development of **psychotherapy** based on scientific evidence, especially in Spain and Latin America.
- Diagnosis of **life styles and personal relationships** in Europe, Africa and Latin America.

#### Composition of the group:

**PI:** Alfonso Osorio de Rebellón.

**Members:** Carlos Beltramo, M<sup>a</sup> Carmen Calatrava, Jokin de Irala, Cristina López del Burgo, Martiño Rodríguez, Pedro de la Rosa, Carolina Lupo.

**Collaborators:** Shayne Anderson (Brigham Young University), Mónica Ballón, Clara de Cendra, Ruth de Jesús (Universidad Francisco de Vitoria), Paul Greenman (University of Quebec au Outaouais), Marie France Lafontaine (University of Ottawa), Montserrat Lafuente (Universidad Abat Oliva-CEU), Ragan Lybbert (Brigham Young University), María Pilar Martínez (Universidad Pontificia de Comillas), Consuelo Martínez (Universidad Villanueva), Jonathan Sandberg (Brigham Young University), Patrick Steffen (Brigham Young University), Arantza Albertos (Universidad de Navarra), Adrián Cano (Clínica Universidad de Navarra), Silvia Carlos (Universidad de Navarra), Raquel Martín (Universidad de Navarra), Charo Repáraz (Universidad de Navarra), Andrés Román (Clínica Universidad de Navarra), Benjamín Prieto (Colegio Tabancura), Brenda Liz Rocha (Universidad de La Sabana).

#### Recent papers (2019-2022):

Orejudo, S., Balaguer, A., **Osorio de Rebellón Yohn, A., de la Rosa Fernández Pacheco, P.A., Lopez del Burgo, C.** (2022) 'Activities and relationships with parents as key ecological assets that encourage personal positive youth development' JOURNAL OF COMMUNITY PSYCHOLOGY, 50(2): 896-915

Balaguer, Á., Benítez Sastoque, E., de la Fuente, J., **Osorio de Rebellón Yohn, A.** (2022) 'Structural empirical model of personal positive youth development, parenting, and school climate ' PSYCHOLOGY IN THE SCHOOLS, 59(3): 451-470

**Calatrava Martínez, M.C.,** Martins, M. Schweer-Collins M., Duch-Ceballos, C., **Rodríguez-González, M.** (2022) 'Differentiation of self: A scoping review of Bowen Family Systems Theory's core construct' CLINICAL PSYCHOLOGY REVIEW, 91(): Article number 102101

Repáraz Abaitua, C., Rivas, S., **Osorio de Rebellón Yohn, A.,** Garcia-Zavala, G. (2021) 'A Parental Competence Scale: Dimensions and Their Association With Adolescent Outcomes' FRONTIERS IN PSYCHOLOGY, 12(): Article number 652884

- Albertos San José, A., Koning, I., Benítez Sastoque, E., **de Irala Estévez, J.** (2021) 'Adolescents' alcohol use: Does the type of leisure activity matter? a cross-national study' INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH, 18(21): Article number 11477
- Alvarez-Mon M.A., Donat-Vargas C., Llaverro-Valero M., Gea A., Alvarez-Mon M., **Martinez-Gonzalez M.A., Lopez del Burgo C.** (2021) 'Analysis of Media Outlets on Women's Health: Thematic and Quantitative Analyses Using Twitter' FRONTIERS IN PUBLIC HEALTH, 9(): Article number 644284
- López del Burgo C., Osorio de Rebellón Yohn, A., de la Rosa Fernández Pacheco, P.A., Calatrava Martínez, M.C., Irala Estévez, J.** (2021) 'Assessing Adolescent Dating Violence in the YourLife Project: Proposal of an Instrument for Spanish-Speaking Countries' INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH, 18(13): Article number 6824
- Agus, M., Carta, S., Cataudella, S., Galluzzo, W., Lampis, J., Lasio, D., **Rodríguez-González, M., Serri, F.** (2021) 'Differentiation of self and the decision to seek systemic psychotherapy: a comparison between a help-seeking and a normative sample' COUNSELLING PSYCHOLOGY QUARTERLY, 34(1): 54-71
- Neophytou, K., **Rodríguez-González, M., Lampi, J.** (2021) 'Embedding co-sleeping practice within the family systems paradigm: Novel theoretical conceptualization and initial empirical exploration' SYSTEMS RESEARCH AND BEHAVIORAL SCIENCE, 38(4): 555-571
- Balaguer, Á., Benítez Sastoque, E., de la Fuente, J., **Osorio de Rebellón Yohn, A.** (2021) 'Maternal and paternal parenting styles as a whole: Validation of the simple form of the parenting style evaluation scale' ANALES DE PSICOLOGÍA, 37(1): 77-87
- Carlos Chillerón, S., Burgueño, E., Ndarabu, A., Reina, G., **Lopez del Burgo, C., Osorio de Rebellón Yohn, A., Makonda, B., de Irala Estévez, J.** (2021) 'Predictors of retention in the prospective HIV prevention OKAPI cohort in Kinshasa' SCIENTIFIC REPORTS, 8(11): 5431 (2021)
- Martín Lanás, R., **Osorio de Rebellón Yohn, A., Anaya-Hamue, E., Cano Prous, A., de Irala Estévez, J.** (2021) 'Relationship Power Imbalance and Known Predictors of Intimate Partner Violence in Couples Planning to Get Married: A Baseline Analysis of the AMAR Cohort Study' JOURNAL OF INTERPERSONAL VIOLENCE, 36(21-22): 10338-10360
- Calatrava Martínez, M.C., Beltramo Álvarez, C.E., Osorio de Rebellón Yohn, A., Rodríguez-González, M., De Irala Estévez, J., Lopez del Burgo, C.** (2021) 'Religiosity and Sexual Initiation Among Hispanic Adolescents: The Role of Sexual Attitudes' FRONTIERS IN PSYCHOLOGY, 12(): 715032
- de la Rosa Fernández Pacheco, P., Calatrava Martínez, M.C., Osorio de Rebellón Yohn, A., de Irala Estévez, J.** (2021) 'Social features in internet-based programs to prevent alcohol consumption among adolescents: a scoping review' HEALTH PROMOTION INTERNATIONAL, ():
- Jodar, R., Neophytou, K., **Rodríguez-González, M., Schweer-Collins, M. L., Skowron, E. A.** (2021) 'The Differentiation of Self Inventory - Revised: A Validation Study in the Greek Cultural Context' AMERICAN JOURNAL OF FAMILY THERAPY, 49(2): 185-203
- Neophytou, K., **Rodríguez-González, M.** (2021) 'Triangulated Children's Reality: Medical Model's Concealing Effect Versus Family Systems' Revealing Effect' SYSTEMS RESEARCH AND BEHAVIORAL SCIENCE, 38(1): 80-92
- Albertos San José, A., **Beltramo Álvarez, C., Osorio de Rebellón Yohn, A.** (2020) 'Adolescentes y ocio: desarrollo positivo y transición hacia la vida adulta' EDUCACIÓN Y EDUCADORES, 23(2): 201-220
- Belintxon, M., **Osorio de Rebellón Yohn, A., de Irala Estévez, J.** Van Riper, M., Repáraz Abaitua, C., Vidaurreta, M. (2020) 'Connections between Family Assets and Positive Youth Development: The Association between Parental Monitoring and Affection with Leisure-Time Activities and

Substance Use' INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH, 17(21): 8170"

**Rodríguez-González, M.**, Lampis, J., Murdock, N. L., Schweer-Collins, M., Lyons, E. R. (2020) 'Couple Adjustment and Differentiation of Self in United States, Italy, and Spain: A Cross-Cultural Study' FAMILY PROCESS, 59(4): 1552-1568

"Işık, e., Özbiler, S., Schweer-Collins, M.L., **Rodríguez-González, M.** (2020) 'Differentiation of Self Predicts Life Satisfaction through Marital Adjustment ' THE AMERICAN JOURNAL OF FAMILY THERAPY, 48(3): 235-249"

Peixoto-Freitas, J., **Rodríguez-González, M.**, Crabtree, S. A., Martíns, M. V. (2020) 'Differentiation of Self, Couple Adjustment and Family Life Cycle: A Cross-Sectional Study' THE AMERICAN JOURNAL OF FAMILY THERAPY, 48(4): 299-316

**Rodríguez-González, M.**, Schweer-Collins, M., Greenman, P.S., Lafontaine, M.F., Fatás, M.D., Sandberg, J.G. (2020) 'Short-Term and Long-Term Effects of Training in EFT: A Multinational Study in Spanish-speaking Countries' JOURNAL OF MARITAL AND FAMILY THERAPY, 46(2): 304-320

Rived-Ocaña, M., Schweer-Collins, M.L., **Rodríguez-González, M.**, Crabtree, S.A., Botella-Garcia del Cid, L., Hargrave, T.D. (2020) 'Spanish Adaptation of the Relational Ethics Scale' CONTEMPORARY FAMILY THERAPY, 42(): 346-359

Sandberg, J.G., **Rodríguez-González, M.**, Peryra, S., Lybbert, R., Pérez, L., Willis, K. (2020) 'The experience of learning EFT in Spanish-speaking countries: a multi-national replication study' JOURNAL OF MARITAL AND FAMILY THERAPY, 46(2): 256-271

Basterra, F.J., Bes Rastrollo, M., Dominguez, L. J., **Lopez del Burgo, C.**, Martínez, M.A., **de Irala Estévez, J.** (2019) 'Association of the Dietary-Based Diabetes-Risk Score (DDS) with the risk of gestational diabetes mellitus in the Seguimiento Universidad de Navarra (SUN) project' BRITISH JOURNAL OF NUTRITION, 122(7): 800-807

Ayerbe, L., Burgueño, E., **López del Burgo, C.**, Pérez-Pinar, M. (2019) 'Continuation of Unintended Pregnancy' LINACRE QUARTERLY, 86(2-3): 161-167

Agus, M.; Cataudella, S.; Lampis, J.; Neophytou, K.; Relvas, A. P.; **Rodríguez-González, M.** (2019) 'Cross-cultural validity of bowen theory in Southern European countries' AUSTRALIAN AND NEW ZEALAND JOURNAL OF FAMILY THERAPY, 40(4): 457-482

**Rodríguez-González, M.**, Martins, M.V., Bell, C.A., Lafontaine, M., Costa, M.E. (2019) 'Differentiation of Self, Psychological Distress, and Dyadic Adjustment: Exploring an Integrative Model Through an Actor-Partner Analysis' CONTEMPORARY FAMILY THERAPY, 41(3): 293-303

Fresán, U., Bes Rastrollo, M., Segovia-Siapco, G., Sanchez-Villegas, A., Lahortiga, F., **de la Rosa Fernández Pacheco, P.A.**, Martínez-Gonzalez, M.-A. (2019) 'Does the MIND diet decrease depression risk? A comparison with Mediterranean diet in the SUN cohort' EUROPEAN JOURNAL OF NUTRITION, 58(): 1271-1289

**Rodríguez-González, M.**, Schweer-Collins, M., Bell, C.A., Sandberg, J.G., Rodríguez-Naranjo, C. (2019) 'Family functioning, family structure, and differentiation of self in heterosexual Spanish couples: an actor-partner analysis' JOURNAL OF COUNSELING AND DEVELOPMENT, 97(2): 209-219

Carlos Chilleron, S., **López del Burgo, C.**, Ndarabu, A., **Osorio de Rebellón Yohn, A.**, Rico-Campà, A., Reina González, G., Burgueño, E., **de Irala Estévez, J.** (2019) 'Heterosexual oral and anal sex in Kinshasa (D. R.congo): Data from OKAPI prospective cohort' PLOS ONE, 14(1): e0210398

Prieto-Damm, B., **de la Rosa Fernández Pacheco, P.A.**, **López del Burgo, C.**, **Calatrava Martínez, M.C.**, **Osorio de Rebellón Yohn, A.**, Albertos San José, A., **de Irala Estévez, J.** (2019) 'Leisure activities

and alcohol consumption among adolescents from Peru and El Salvador' DRUG AND ALCOHOL DEPENDENCE, 199(): 27-34

González-Cámara, M., Osorio de Rebellón Yohn, A., Repáraz Abaitua, C. (2019) 'Measurement and Function of the Control Dimension in Parenting Styles: A Systematic Review' INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH, 16(17): 1-20

Rodríguez-González, M., Schweer-Collins, M., Skowron, E.A., Jódar, R., Cagigal, V., Major, S.O. (2019) 'Stressful life events and physical and psychological health: mediating effects of differentiation of self in a Spanish sample' JOURNAL OF MARITAL AND FAMILY THERAPY, 45(4): 578-591

### 3. Areas of research (as established in Marie Skłodowska Curie Actions)

- |  |   |
|--|---|
| <input type="checkbox"/> Chemistry (CHE)                                 | <input type="checkbox"/> Environmental Sciences and Geology (ENV) |
| <input checked="" type="checkbox"/> Social Sciences and Humanities (SOC) | <input type="checkbox"/> Life Sciences (LIF)                      |
| <input type="checkbox"/> Economic Sciences (ECO)                         | <input type="checkbox"/> Mathematics (MAT)                        |
| <input type="checkbox"/> Information Science and Engineering (ENG)       | <input type="checkbox"/> Physics (PHY)                            |

### 4. Research / Project Description

One postdoctoral fellowship position in couples therapy research is available in the Institute for Culture of Society, at the University of Navarra. The specific project the M-C Fellow will be involved in is a randomized clinical trial in Emotionally Focused Couple Therapy (EFT; Susan Johnson).

Emotionally Focused Couples Therapy (EFT; Johnson, 2004) is an empirically supported, attachment-based model of couple therapy. Although the efficacy of EFT is well established, nearly all of the empirical evidence has been gathered in English-speaking countries, primarily in North America. Research is now needed to evaluate the effectiveness of EFT on a global scale (Sexton et al., 2011; Wiebe & Johnson, 2016).

The goal of this innovative, exciting, international research program is to test the efficacy of EFT in the Spanish-speaking cultural context. Participating couples reside in Mexico, Argentina, Guatemala, and Spain. The postdoctoral fellow will have the opportunity to visit some of the therapists in Spain, and to become familiar with all processes and phases involved in the study. Couples who are assigned to the treatment group will participate in EFT sessions. Their outcomes will be compared to those of couples assigned to a control group. This research program also involves testing the effectiveness of the “Hold Me Tight” relationship education program (see here for more information: <https://iceeft.com/what-is-hold-me-tight/>). There will be ample opportunities for involvement in numerous aspects of this project (data analysis, publications, trainings with therapists, congress presentations, etc.), which involves collaboration with a multicultural, international research team.

### 5. Who can apply?

#### General requirements:

At the deadline for the submission of proposals (14/09/2022), researchers:

- shall be in possession of a doctoral degree.
- must have a maximum of eight years experience in research, from the date of the award of their PhD degree (years of experience outside research and career breaks will not count towards the above maximum, nor will years of experience in research in third countries, for nationals or long-term residents of EU Member States or Horizon Europe Associated Countries who wish to reintegrate to Europe).
- must not have resided or carried out their main activity (work, studies, etc.) in the country of the beneficiary for more than 12 months in the 36 months immediately before the call deadline.

**Specific requirements:**

- PhD in the Psychology.
- Some postgraduate training related with psychotherapy and/or research in psychotherapy.
- Expertise in quantitative statistical methods such as longitudinal and multilevel modeling, multivariate analysis, structural equation modeling, and similar techniques.
- Prior research experience; demonstrated ability to publish in indexed journals.

## 6. How to apply

Please, submit to [ics@unav.es](mailto:ics@unav.es) the following:

- Cover letter
- CV (max. 4 pages)
- Project idea (max. 2 pages)

Deadline for the submission of these documents: **15/05/2022**

Salary conditions

MSCA PF contributions according to last year's call (2021):

MSCA Postdoctoral Fellowships	Contributions for the recruited researcher per person-month					Institutional unit contributions per person-month	
	Living allowance	Mobility allowance	Family allowance (if applicable)	Long-term leave allowance (if applicable)	Special needs allowance (if applicable)	Research, training and networking contribution	Management and indirect contribution
	EUR 5 080	EUR 600	EUR 660	EUR 5 680 x % covered by the beneficiary	requested unit <sup>78</sup> x (1/number of months)	EUR 1 000	EUR 650

A country correction coefficient (Spain: 91,3%) applies to the living allowance in order to ensure equal treatment and purchasing power parity for all researchers.

**\*IMPORTANT:** these amounts will be updated in the 2022 call, so specific estimations of the fellow's final salary including taxes, health-insurance, etc. will be made upon request.

Expected impact:



Scientific impact consisting in 1) four papers in recognized journals; 2) attendance to two international conferences and 3) possibilities of research visiting to the U. of Ottawa (Canada) and/or the Brigham Young University (USA)

Social impact, consisting in 1) interaction with therapists and supervisors involved in the project; 2) learning about Spanish and Latino American cultures; 3) Support the development of higher-quality psychotherapy approaches to couple therapy in Spanish speaking countries.

Contact

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