

## 1 RESEARCH FELLOWSHIP

Applications are invited for 1 research fellowship at the Portucalense Infante D. Henrique University (UPT), within the framework of the *“Care4mommies in action: Promoting maternal psychological adjustment in the perinatal period”* project, reference 2023.11605.PEX, funded by national funds through the Portuguese Foundation for Science and Technology, I.P. (FCT), according to the following terms:

**Scientific area:** Clinical Psychology, Psychology

### Admission requirements

Candidates who meet one of the following requirements are eligible for the current call:

- a) They must be enrolled in a PhD programme in one of the scientific areas mentioned above, with this requirement to be duly proven at the contract stage.
- b) They must hold a Master's degree\* in one of the scientific areas mentioned above and be enrolled in a non-degree-granting course integrated into the educational project of a higher education institution, developed in association or cooperation with one or more R&D units. This requirement must also be duly proven at contract stage. In this case, the research fellowship may only be granted to those who do not exceed, upon the signing of the research fellowship contract, including possible renewals, a cumulative period of two years in this type of research fellowship, whether consecutive or intermittent.

*\*If the qualification is awarded by a foreign higher education institution, it must comply with the provisions of Decree-Law No. 66/2018, of 16 August, and any formalities established therein must be completed by the time of signing the contract. Regarding this matter, it is recommended to consult the DGES portal at the following address:*

<https://www.dges.gov.pt/en/pagina/degree-and-diploma-recognition>.

### Preferred requirements

Theoretical and/or applied knowledge in the area of compassion-based therapies.

### **Applicant eligibility**

The applicants must comply with the eligibility criteria set out in Article 9 of the Regulation for Research Fellowships of the FCT.

### **Work plan**

The “*Care4mommies in action*” project aims to explore the acceptability, feasibility, and preliminary efficacy of a compassion-based intervention (CBI) implemented during pregnancy, in promoting compassion and well-being for mothers and the quality of the mother-baby relationship in the postpartum period. The research fellow will work with the CINTESIS.UPT research team to develop the project activities outlined below:

1. Preparatory tasks concerning sample recruitment and intervention protocol
2. Study 1: Sample recruitment and qualitative data collection and analyses
3. Study 1: Sample recruitment and mixed data collection and analyses
4. Recruitment and data collection for Study 2
5. Data analyses and overall results dissemination

### **Applicable legislation and regulation**

Law No 40/2004 of 18 August, in its current wording - Research Fellow Statute (EBI) and the Regulation in force for Research Studentships and Fellowships (RBI) of the FCT:  
<https://www.fct.pt/en/financiamento/programas-de-financiamento/bolsas>.

### **Workplace**

The research fellow will be working at the premises of UPT, under the scientific supervision of Prof. Lara Sofia Nascimento Palmeira.

### **Fellowship duration**

This fellowship will last for 12 months, with the possibility of renewal, predictably starting in June 2025, and carried out on an exclusive basis.



The fellowship cannot be granted, according to article 6, paragraph 3, of the FCT RBI, if the timescale required for the contract procedure does not allow a minimum 3-consecutive month contract. Contract renewal, if any, will comply with Article 6 of the FCT RBI.

### Stipend

Monthly stipend amount of €1.309,64, in accordance with the FCT stipend values for studentships and fellowships carried out in Portugal

(<https://www.fct.pt/en/financiamento/programas-de-financiamento/bolsas>). The payments are made by UPT via bank transfer.

The fellowship will also cover the voluntary social insurance payments, corresponding to the class 1 rate (if the fellowship contract duration is equal to or greater than 6 months) provided that the candidate chooses this regime, as well as personal accident insurance.

### Selection procedure

The selection methods will consist of a Curricular Assessment (AC) and an interview (ES).

The **Curricular Assessment (AC)** compasses the aspects mentioned below, scored on a scale from 0 to 20 points, and is calculated as follows:

$$AC = AC1 * 0,2 + AC2 * 0,3 + AC3 * 0,2 + AC4 * 0,3$$

**AC1** – Classification obtained in the Master's degree;

**AC2** – Scientific publications in the area of the project;

**AC3** – Fluent proficiency in the Portuguese language;

**AC4** – Research experience in the area of the project.

The three top-scoring applicants in the curricular assessment will be invited for an **interview (ES)**, to take place remotely or in person, provided that the AC scores are higher than 14 points.

The interview is aimed at evaluating the applicant according to the criteria below and is calculated as follows:

$$ES = ES1 * 0,5 + ES2 * 0,25 + ES3 * 0,25$$

**ES1** – Knowledge and motivation to pursue the work plan

Excellent level of knowledge and motivation - from 16 to 20 points



Adequate level of knowledge and motivation - from 10 to 15 points

Lack or insufficient level of knowledge or motivation - from 0 to 9 points

**ES2** – Soft skills (time management, problem-solving, critical thinking, teamwork, proactivity)

Highly proficient – from 16 to 20 points

Competent - from 10 to 15 points

Insufficient proficiency - from 0 to 9 points

**ES3** – Communication skills and proficiency in English:

Highly proficient – from 16 to 20 points

Competent - from 10 to 15 points

Insufficient proficiency - from 0 to 9 points

The **Final Score (AF)** is given by the weighted average of the classification obtained in each of the selection methods, with the Curriculum Assessment (AC) having a weight of 70% and the Interview (ES) of 30%. If the minimum score of 14 points is not achieved by any of the applicants, the fellowship will not be awarded.

### **Selection panel composition**

The selection panel is composed of the following Professors at UPT:

Chair of the panel — Professor António Jorge da Costa Leite

Panel member — Professor Lara Sofia Nascimento Palmeira

Panel member — Professor Ana Maria de Jesus Xavier

Deputy member — Professor Joana Maria Ribeiro da Silva

Deputy member — Professor Ana Albertina Fernandes Palheiros Conde

### **Notification of results**

The applicants will receive notification of the evaluation results by email, at the email address provided in the application submission, within a maximum of 90 working days, by Article 12 of the FCT RBI. This notification will include, in addition to the applicant ranking list, the minutes of the selection panel meetings. If the selected candidate withdraws, the fellowship will be granted to the next highest scoring applicant on the ranking list, provided that the minimum required score is attained.



### **Deadlines and procedures for pre-hearing, complaint, and appeal**

After notification of the provisional evaluation results, applicants have a 10-working day pre-hearing period to argue against, pursuant to Article 121 et seq. of the Portuguese Code of Administrative Procedure. After the selection panel examines the cases presented in the pre-hearing of interested parties, the applicants will be notified of the final decision. In case of disagreement with the final decision, the applicants may lodge a complaint within 15 working days from the final decision notification or an appeal to the UPT Rectory within 30 working days from said notification.

### **Deadline and application submission**

The call is open from **23/04/2025 to 09/05/2025** (until 11.59 pm, Lisbon time).

The applicant must submit the application by email to [gai@upt.pt](mailto:gai@upt.pt), adding the call reference **20252.CINTESIS.UPT.BI** to the email subject line and attaching the following documents in Portable Document Format (.pdf):

- Motivation letter;
- Copy of the certificate proving the Master's degree or, alternatively, a declaration of honour from the applicant confirming the completion of the MSc degree by the application deadline, specifying the final grade and the awarding higher education institution;
- Detailed curriculum vitae;
- For applicants covered under point b) of the admission requirements, a declaration of honour confirming compliance with the requirements set out in Article 6(5) of the RBI (see model below\*);
- Any other documents considered relevant for assessing the eligibility of the application or evaluating its merit.

#### **\*Declaration of Honour**

I, \_\_\_\_\_, holder of Citizen Card/Visa/Residence Permit No. \_\_\_\_\_, valid until \_\_/\_\_/\_\_\_\_, hereby declare, under honour, in accordance with Article 6(5) of the Research Fellowship Regulation of the FCT (Regulation No. 950/2019 of 16 December), that I will not exceed, with the conclusion of the



fellowship contract in question, including possible renewals, a cumulative period of two years in this type of fellowship, whether consecutive or intermittent.

(Place, Date)

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(signature)

### **Privacy Policy**

UPT is the data Controller regarding all personal data processing carried out in this selection procedure, under Regulation (EU) 2016/679 (General Regulation on Data Protection).

The personal data processed within the scope of this call is only intended for the selection process and will be used by UPT to assess eligibility for the applied role in accordance with the applicable legal requirements and the procedure's selection criteria. The applicant's refusal to consent to the personal data processing will prevent UPT from verifying whether the application meets the minimum requirements and, therefore, will render the application invalid.

Personal data can legitimately be transmitted to third parties whenever necessary to fulfill UPT's legal obligations and comply with the funding scheme requirements regarding this procedure.

The data will be retained for a legally defined period of five years.

The Data Subject has the right to object to the data collection and processing, as well as to verify, update, rectify, erase, or limit the use of the collected data. The exercise of these rights is excluded when personal data is used to safeguard the public interest, namely in cases of detection and prevention of criminal offenses, or when subject to professional secrecy.

The Data Subject also has the right to access and data portability.

In order to exercise such rights, the Data Subject shall contact UPT via the e-mail address [rgpd@up.pt](mailto:rgpd@up.pt). In all instances, the Data Subject has the right to contact and lodge a complaint to the National Data Protection Commission.

### **Non-discrimination and equal access policy**

UPT is actively committed to promoting a non-discrimination and equal access policy, wherefore no applicant can be privileged, benefited, impaired, or deprived of any rights whatsoever, or be exempted from any duties based on their ancestry, age, sex, sexual orientation, marital status, family and economic conditions, education, origin or social status, genetic heritage, reduced



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Do conhecimento à prática.

work capacity, disability, chronicle illness, nationality, ethnic origin or race, national origin, language, religion, political or ideological belief and union affiliation.

### **Contacts**

Any inquiries related to this call can be addressed to [gai@upt.pt](mailto:gai@upt.pt).

### **Additional information**

This call opening notice is available on the UPT [website](#) and the EURAXESS portal in both Portuguese and English version. In the case of conflicting meanings between the two language versions, the Portuguese version prevails.

The templates of the fellowship contract and fellowship final report, including evaluation criteria, are available on the UPT website.