

CURRICULUM VITAE (CVA)

IMPORTANT – The Curriculum Vitae cannot exceed 4 pages. Instructions to fill this document are available in the website.

Part A. PERSONAL INFORMATION

CV date

29/01/2022

First name	ANA		
Family name	CARBONELL BAEZA		
e-mail	ana.carbonell@uca.es	URL Web	https://produccioncientifica.uca.es/investigadores/112259/detalle
Open Researcher and Contributor ID (ORCID) (*)	0000-0003-1762-2925		

(*) Mandatory

A.1. Current position

Position	Senior Lecture		
Initial date	16/11/2017		
Institution	University of Cadiz		
Department/Center	Physical Education	Faculty of Education Science	
Country	Spain		
Key words	Physical activity, exercise, health, frailty, aging, lifestyle behaviour , cognition		

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

Period	Position/Institution/Country/Interruption cause
14/05/2016	Birth of child
01/10/2013- 15/11/2017	Lecturer (permanent position). University of Cadiz. Spain
26/09/2011- 30/09/2013	Lecturer-Assistant Professor. University of Cadiz. Spain
1/10/2010-25/09/2011	Substitute Teaching Tutor. University of Seville. Spain
1/05/2007-30/09/2010	Substitute Teaching. FPU. University of Granada. Spain.

A.3. Education

PhD, Licensed, Graduate	University/Country	Year
Licensed in Physical Activity and Sport Science	University of Granada	1999-2004
Doctorate program "Physiology of exercise applied to sports performance control and health"	University of Granada	2004-2006
Master in Sports Entities and Facilities Management	University of Almeria and Andalusian Sport Institute	2007
PhD in Sport Science	University of Granada	2010

Part B. CV SUMMARY (max. 5000 characters, including spaces)

I have developed two distinct lines of research throughout my career and I have two research periods (2008-2013 and 2014-2019). These lines are: i) physical exercise and fibromyalgia (AL-ANDALUS, DEP2010-15639 etc.) and ii) physical exercise in the elderly (EFICCOM, INTERMAE, LIFE-AGE project, INLIFE-AGING). I am IP of two projects (EFICCOM 2016-2020, and Inlife-Aging 2020-2023 Total funding: 185.456,56 €). The researcher has participated in 23 projects (3 Europe, 1 PROFIT, 1 FIS, 4 National Plan I+D, 1 Higher Sports Council, 7 Autonomous Funds Projects, 2 University of Granada, 1 University of Cádiz, 1 MAPFRE Foundation, 1 Catedra Real Madrid and 1 Biomedical Research and Innovation Institute of Cádiz-INIBICA) and 6 research contracts. The researcher has acquired experience in participation, leadership and coordination of multidisciplinary teams. I have analysed the effect of several physical exercise interventions in the management of fibromyalgia and other risk populations such as older adults, postmenopausal women, or children with obesity, being the physical exercise prescription (even from the health field) my most powerful focus of research. To disseminate the results of the indicated projects I'm author (or coauthor) of 79 scientific papers publications, including 69 papers in JCR (27 in Q1 and 23 in Q2), 7 book as author / co-author and 1 as coordinator, as well as 12 book chapters. Both lines of research have focused on two fundamental aspects: i) the health promotion from multidisciplinary teams by means of physical exercise and physical activity, having several projects in coordination with the health system, and ii) the social transfer of the research developed, as an example, the creation of the Guide of "Physical activity recommendations" with the Andalusian Ministry of Health, the "Physical exercise intervention in fibromyalgia", with the Andalusian Ministry of Equality, Health and Social Policies, being both documents open access. I belong to the Scientific Committee of the Spanish Society of Fibromyalgia and Chronic Fatigue Syndrome <https://www.sefifac.es/old/quienes-somos/comite-cientifico-sefifac/> and the Fibromyalgia Dissemination Association <http://fibro.info/comite-cientifico/> and we published A Beginner's Guide to Fibromyalgia, with Spanish, English and French versions to help fibromyalgia patients manage the disease when they are diagnosed. In addition, I participated in the IV Andalusian Health Plan in the province of Cádiz, especially in the objectives focused on the elderly population. I am member of the "National Network of Active Aging, Exercise and Health-Healthy-Age", which it is funded by the Higher Sports Council (2019, 2020, 2021) integrated by 14 Spanish universities and 13 foreign universities and also to "Physical Exercise and Health Exernet" network collaborating with several research groups.

I have participated in a contract with Andalusian Ministry of Health to elaborate the Guide of "Physical activity recommendations" and I have collaborated with them, the Andalusian School of Public health and Andalusian Sports Institute as a director or speaker in several courses focuses on physical activity promotion for health and sports professionals. I have carried out several scientific dissemination activities with older people such as "Muevete por tu salud que la edad no te frene" where in several workshops I taught older people what kind of exercise they should do and how to do it. I have also promoted and supervised the implementation of the "UCA activa senior", which is directed to the students of the senior class of the Cadiz University and consists of an intervention of physical exercise 2 days/week to encourage them to have an active lifestyle. I have also participated several times in the European Night of Research.

I have directed 5 doctoral theses (2 with extraordinary Doctorate award that now are Assistant Professor) and 5 are under development. I have supervised 1 predoctoral grant associate to a project, and I am supervising 1 FPU grant, and 2 postdoctoral contracts.

I have been collaborating since 2018 with the State Research Agency as an evaluator, completing a total of 14 project and grant evaluations to date. I am Academic Editor of the journal Plos One (IF 3.240 Q2 Multidisciplinary Sciences) and I have been guest editor of a Special Issue "Nutrition, Physical Activity, Aging and Health" in Nutrients Journal (IF 5.719 Q1 Nutrition & Dietetics).

Part C. RELEVANT MERITS

C.1. Publications

1. Marcos-Pardo PJ, González-Gálvez N, López-Vivancos A, et al. **Carbonell-Baeza A** (8/25) Vaquero-Cristóbal R. 2021. Sarcopenia, Diet, Physical Activity and Obesity in European Middle-Aged and Older Adults: The LifeAge Study. *Nutrients*.13(1):8.

2. Jiménez-Pavón D, **Carbonell-Baeza A**, Lavie CJ. 2020. Physical exercise as therapy to fight against the mental and physical consequences of COVID-19 quarantine: Special focus in older people. *Prog Cardiovasc Dis.*63(3):386-388.
3. Álvarez-Gallardo IC, Soriano-Maldonado A, Segura-Jiménez V, et al. **Carbonell-Baeza A** (11/11). 2019. High Levels of Physical Fitness Are Associated With Better Health-Related Quality of Life in Women with Fibromyalgia: The al-Ándalus Project. *Phys Ther.* 25;99(11):1481-1494.
4. Jiménez-Pavón D, **Carbonell-Baeza A**, Lavie CJ. 2019. Promoting the Assessment of Physical Activity and Cardiorespiratory Fitness in Assessing the Role of Vascular Risk on Cognitive Decline in Older Adults. *Front Physiol.* 10:670.
5. Segura-Jiménez V, Gatto-Cardia CM, Martins-Pereira CM, Delgado-Fernández M, Aparicio VA, **Carbonell-Baeza A**. Biodanza Reduces Acute Pain Severity in Women with Fibromyalgia. *Pain Manag Nurs.* 2017 Oct;18(5):318-327.
6. Aparicio VA, Segura-Jiménez V, Alvarez-Gallardo IC, Soriano-Maldonado A, Castro-Piñero J, Delgado-Fernández M, **Carbonell-Baeza A**. 2015. Fitness Testing in the Fibromyalgia Diagnosis: the al-Ándalus Project. *Med Sci Sports Exerc.* Mar; 47(3):451-9.
7. **Carbonell-Baeza A**, Álvarez-Gallardo IC, Segura-Jiménez V, Castro-Piñero J, Ruiz JR, Delgado-Fernández M, Aparicio VA. 2015. Reliability and feasibility of physical fitness tests in female fibromyalgia patients. *Int J Sports Med.* 36(2):157-62.
8. Segura-Jiménez V, Aparicio VA, Alvarez-Gallardo IC, Soriano-Maldonado A, Estévez-López F, Delgado-Fernández M, **Carbonell-Baeza A**. 2014. Validation of the modified 2010 American College of Rheumatology diagnostic criteria for fibromyalgia in a Spanish population. *Rheumatology (Oxford).* 53(10):1803-11.
9. **Carbonell-Baeza A**, Ruiz JR, Aparicio VA, Ortega FB, Delgado-Fernandez M. 2013. The 6 Minute Walk Test in female fibromyalgia patients: Relationship with tenderness, symptomatology, quality of life and coping strategies. *Pain Management Nursing.* 14(4):193-9.
10. **Carbonell-Baeza A**, Aparicio VA, Ortega FB, Cuevas AM, Álvarez I, Ruiz JR, Delgado-Fernández M. 2011. Does a 3-month multidisciplinary intervention improve pain, body composition and physical fitness in women with fibromyalgia? *British Journal of Sport Medicine.* 45(15):1189-95.

C.2. Congress

1. Invited opening lecture: **Ana Carbonell Baeza**. Condición Física y Ejercicio Físico en fibromialgia. I Jornadas internacionales Ejercicio Físico y terapias complementarias en enfermedades reumatológicas. Odivelas May 15-16, 2015 (Portugal).
2. Invited lecture: **Ana Carbonell Baeza** y David Jiménez Pavón. "Rol del ejercicio en la prevención y tratamiento del deterioro cognitivo en personas mayores". VI Simposio EXERNET. Investigación en Ejercicio, Salud y Bienestar. "Exercise is Medicine". Pamplona October, 19 -20, 2018.
3. Oral communication: **Carbonell-Baeza, A.**, Segura-Jiménez, V., Álvarez-Gallardo, I.C., Castro-Piñero, P., Ruiz, J.R., Delgado-Fernández, M., Aparicio, V.A.. Reliability of functional capacity tests in fibromyalgia patients. 18th Annual Congress of the European Colleague of Sport Science. 26-29 June 2013, Barcelona, Spain. Publicado en: Book of abstracts I.S.B.N.: 978-84-695-7786-8, pp 562.
4. Poster communication: **Ana Carbonell-Baeza**; Virginia A Aparicio; Inmaculada C. Álvarez Gallardo; Alejandro Romero; Clelia M. Martins-Pereira; Ana M. Cuevas; Pedro Femia; Francisco B. Ortega; Pablo Tercedor; Jonatan R. Ruiz; Manuel Delgado-Fernández. Physical exercise in female fibromialgia patients: effects on pain, functional capacity and symptomatology. ACSM Annual Meeting, May 29 - June 2, 2012 San Francisco, California, USA. Publicado en: *Medicine & Science in Sports & Exercise.* May 2012 - Volume 44 - Issue 5 - p S151-S152 Factor de impacto 2011: 4.431; Posición: 3/85 Q1 Área: Sport Sciences.

C.3. Research projects

1. 1. FEDER-UCA18-107040. Influence Of Lifestyle Behaviors And Cellular Hallmarks Of Aging On Age-Related Health Problems Associated With Dementia And Fragility (Inlife-Aging). Proyectos de I+D+i en el marco del Programa Operativo FEDER Andalucía 2014-

- 2020, convocados mediante resolución del Rector de la Universidad de Cádiz UCA/R27REC/2018. David Jimenez Pavón and Ana Carbonell Baeza (Universidad de Cádiz). 1/05/2020-31/03/2023. 64.456,56€ Principal investigator.
2. PI-0068-2018. Actividades Físicas en el Medio Natural e personas con Depresión. Efectos sobre el bienestar psíquico y social. Estudio SONRÍE. Consejería de Salud. Vanesa España Romero. (Universidad de Cádiz). 01/01/2019-30/12/2020. 60.174 €. Team member.
 3. PI-0002-2017 INfluencia de una InTervención con EjeRcicio Físico sobre Marcadores Asociados al Envejecimiento, Perfil Proteómico y Fragilidad en Personas Mayores con Deterioro Cognitivo Leve (INTERMAE) Junta de Andalucía. David Jiménez Pavón. (Universidad de Cádiz). 30/12/2017-29/12/2020. 492.107 €. Team member.
 4. 603121-EPP-1-2018-1-ES-SPO-SCP .Promoting the shift sedentary Lifestyle towards active Ageing Education, Audiovisual and Culture Executive Agency. Erasmus +Sport Programme. Pablo Jorge Marcos Pardo. (Universidad Católica San Antonio de Murcia). 25/09/2018-25/09/2020. 392.705 €. Team member.
 5. PI-0520/2016. Comparación del genotipo y fenotipo de pacientes con fibromialgia y pacientes con otras enfermedades relacionadas (dolor crónico, artritis reumatoide y depresión). Papel de la actividad física y la condición física. Consejería de Salud. Manuel Delgado Fernández. (Universidad de Granada). 01/01/2017-31/12/2019. 48.784 €. Team member.
 6. DEP2016-76123-R Efecto del ejercicio físico supervisado a nivel cerebral, cognitivo y metabolómico en personas mayores con deterioro cognitivo ligero. ESTUDIO EFICCOM Ministerio de Economía, Industria y Competitividad. Plan Estatal de Investigación Científica y Técnica y de Innovación 2013-2016. Ana Carbonell Baeza, David Jimenez Pavón. (Universidad de Cádiz). 30/12/2016-29/12/2019. 121.000 €. Principal investigator.
 7. DEP2013-40908-R. Seguimiento longitudinal y modulación genética en fibromialgia. Efectos del ejercicio físico y la hidroterapia en dolor, salud y calidad de vida Ministerio de Ciencia e Innovación. Investigación. Manuel Delgado Fernandez. (Universidad de Granada). 01/01/2014-31/12/2016. 121.000 €. Team member.
 8. PI-0667-2013. Coste-efectividad de un programa de ejercicio físico en mujeres perimenopáusicas. Consejería de Igualdad, Salud y Políticas Sociales. Junta de Andalucía. Virginia Aparicio Garcia-Molina. (Universidad de Granada). 01/01/2014-31/12/2015. 38.279,6 €. Team member.
 9. DEP2010-15639. Physical activity in women with fibromyalgia: effects on pain, health and quality of life. Manuel Delgado Fernandez. 01/01/2011-30/09/2014. 118.580 €. Team member.
 10. DEP 2010-21662-C04-03. Condición física relacionada con la salud en escolares y adolescentes con síndrome de Down y su relación con indicadores de salud: estudio longitudinal a tres años Ministerio de Ciencia e Innovación. Plan Nacional I+D+I 2008-2011. (Universidad de Cádiz). 01/07/2010-30/06/2014. 147.620 €. Team member.

C.4. Contracts, technological or transfer merits

Research contract: Elaboración de recomendaciones sobre actividad física en distintos grupos de población. Financial entity: Consejería de Salud. Junta de Andalucía. Period: 2010. Principal Investigator: Dr. Manuel Delgado Fernández. 18.000 €. Team member.

Guía de recomendaciones para la promoción de actividad física. Coordination: Jesús Muñoz Bellerín, Manuel Delgado Fernández; Authors: **Ana Carbonell Baeza**, Virginia A. Aparicio García-Molina, Jonatan Ruz Ruiz, Francisco B. Ortega Porcel y Manuel Delgado Fernández. Sevilla: Junta de Andalucía, Consejería de Salud. Depósito Legal: SE-8656-2010

https://www.juntadeandalucia.es/export/drupaljda/salud_5af9586a38c00_Guia_Recomendaciones_AF.pdf