

CURRICULUM VITAE

Rosa Olimpia Castellanos-Vargas
Interdisciplinary Health Sciences PhD Student
University of Texas at El Paso
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EDUCATION

- 2022 – present ABD, Interdisciplinary Health Sciences PhD Program
University of Texas at El Paso, El Paso, TX 79968
Dissertation title: Hearing loss and mental health
- 2011-2013 M.S., Gerontology Program
University of Guadalajara, Guadalajara, MX
Thesis title: Religious meaning and its relationship with psychosocial development
and satisfaction with life in older adults in the metropolitan area of Guadalajara,
Jalisco.
- 2004-2008 B.S., Psychology Program
University of Guadalajara, Guadalajara, MX

RESEARCH EXPERIENCE

- 2022 – present (Hearing, mental health and aging; Dr. Bruce Friedman)
- 2020 – present (Mental Health; Dr. Alejandro Domínguez Rodríguez)
- 2011 – 2013 (Religious meaning and its relationship with psychosocial development
and satisfaction with life in older adults in the metropolitan area of Guadalajara,
Jalisco: Dr. Neyda Ma. Mendoza Ruvalcaba)

MEMBER OF RESEARCH GROUPS

- 2020 – present ITLAS Group E-mental Health (Online Interventions for Latin America and Spain)
<https://www.itlasgroup.com/>
- 2023– present “Gerontología Transcultural”

TEACHING EXPERIENCE

Undergraduate

B.S., Gerontology, University Autonomous of Ciudad Juárez

- 2015 – present Full-time Professor
MED020500 Introduction to gerontology
CIS360300 General psychology

MED982400 Mental health I
MED983500 Mental health II
MED983400 Gerontological clinical history
MED984000 Research methodology
MED985200 Health education
MED985400 Research seminar I
MED989600 Research seminar II
MED985100 Strategic planning
HUM993114 Seminar for the elderly

B.S., Gerontology, University of Guadalajara

2014 – 2015 Psychogerontology professor

I3998 Gerontology
I4017 Psychogerontology I
I4018 Psychogerontology II
I4045 Psychotherapy for the elderly I
I4046 Psychotherapy for the elderly II
I4025 Intervention models
I4048 Occupational therapy

RESEARCH

Published, In-Press, or Accepted Manuscripts

- de la Rosa-Gómez, A., Hernández-Jiménez, M.J., Valencia, P.D., Dominguez-Rodriguez, A., Bautista-Valerio, E., Esquivel-Santoveña, E., Herdoiza-Arroyo, P.E., Flores-Plata, L.A., Arenas-Landgrave, P., Martínez-Luna, S.C., **Castellanos-Vargas, R.O.**, & Ramírez-Martínez, F.R. (2023). Satisfaction with life and related sociodemographic variables among bereaved adults during the COVID-19 pandemic: A cross-sectional study. *Rev. CES Psico*, 16(3), 45-55. <https://dx.doi.org/10.21615/cesp.6972>

-Dominguez-Rodriguez, A., Dzul-Rosado, K., **Castellanos-Vargas, R. O.**, Sergio Sanz Gómez, S., Herdoiza-Arroyo, P. E., Yolanda de Jesús Hernández Delgado, Y. J., Ancona-Manzanilla, J., Arias-León, J. J., Chuc Uc, C. E., Albán-Terán, M. G., Nieto Ramos, E. G., Villavicencio Calderón, E. N., Arzola-Sánchez, C. A., de la Rosa-Gómez, A., Ramírez-Martínez, F. R., Acosta Guzmán, V., Castillo Tzec, F. (2023) Design and evaluation of a mobile-based intervention for Maya adults during the COVID-19 pandemic. Diseño y evaluación de una intervención basada en dispositivos móviles para adultos mayas durante la pandemia COVID-19. *Revista Latinoamericana de Psicología*, (2023), 55, pp. 202-211. <https://doi.org/10.14349/rlp.2023.v55.22>

Type of production: Scientific article

Support type: Magazine Impact

- Domínguez-Rodríguez, A., Martínez-Arriaga, R.J., Herdoiza-Arroyo, P.E., Bautista-Valerio, E., de la Rosa-Gómez, A., **Castellanos-Vargas, R.O.**; Lacomba-Trejo, L.; Mateu-Mollá, J., Lupercio Ramírez, M.d.J., Figueroa González, J.A., et al. (2022). E-Health Psychological Intervention for COVID-19 Healthcare Workers: Protocol for its Implementation and Evaluation. *Int. J. Environ. Res. Public Health* 2022, 19, 12749. <https://doi.org/10.3390/ijerph191912749>

Type of production: Scientific article

Support type: Magazine Impact

-De la Rosa-Gómez, A., Flores-Plata, L.; Esquivel-Santoveña, E., Santillán Torres Torija, C., García-Flores, R., Domínguez-Rodríguez, A., Arenas-Landgrave, P., **Castellanos-Vargas, R.O.**, Berra-Ruiz, E., Silvestre-Ramírez R., Miranda-Díaz, G., Díaz-Sosa D., Hernández-Posadas A., Flores-Elvira A., Valencia P. and Vázquez-Sánchez M. (2022). Efficacy of a transdiagnostic guided internet-delivered intervention for emotional, trauma and stress-related disorders in Mexican population: study protocol for a randomized controlled trial. *BMC Psychiatry*, 22(1).

<https://doi.org/10.1186/s12888-022-04132-6>

Type of production: Scientific article

Support type: Magazine Impact

Source: WOS (JCR)

Impact index: 3.388

-Domínguez-Rodríguez, A., Herdoiza-Arroyo, P. E., Martínez Arriaga, R. J., Bautista Valerio, E., Mateu Mollá, J., De la Rosa Gómez, A., Farfallini, L., Hernández Jiménez, M.J., Esquivel Santoveña, E. E., Ramírez-Martínez, F. R., **Castellanos-Vargas, R. O.**, Arzola-Sánchez, C. A., Arenas-Landgrave, P. and Martínez-Luna, S.C, (2022) Prevalence of anxiety symptoms and associated clinical and sociodemographic factors in Mexican adults seeking psychological support for grief during the COVID-19 pandemic: a cross-sectional study. *Frontiers in Psychiatry*.

<https://doi.org/10.3389/fpsy.2022.749236>

Type of production: Scientific article

Support type: Magazine Impact

Source: WOS (JCR)

Impact index: 4.157

-Dominguez-Rodriguez, A., Martínez-Luna, S. C., Hernández Jiménez, M. J., De La Rosa-Gómez, A., Arenas-Landgrave, P., Esquivel Santoveña, E. E., Arzola-Sánchez, C., Alvarez Silva, J., Solis Nicolas, A. M., Colmenero Guadián, A. M., Ramírez-Martínez, F. R., and **Castellanos-Vargas, R. O.** (2021). A Self-Applied Multi-Component Psychological Online Intervention Based on UX, for the Prevention of Complicated Grief Disorder in the Mexican Population During the COVID-19 Outbreak: Protocol of a Randomized Clinical Trial. *Frontiers in psychology*, 12, 644782. <https://doi.org/10.3389/fpsyg.2021.644782>

Type of production: Scientific article

Support type: Magazine

Impact Source: WOS (JCR)

Impact index: 2.067

-Castellanos Vargas R. O. (2020) Maternidad en cuarentena. Cuadernos Fronterizos. Año 16, Núm. Especial (julio,2020): pp. 114-118. E-ISSN: 2594-0422. <https://doi.org/10.20983/cuadfront.2020.1e.21>

Maternity in quarantine. Border Notebooks. Year 16, Special Issue (July, 2020): pp. 114-118. E-ISSN: 2594-0422.

Type of production: Article

Support type: Magazine

-Hernández Delgado Y., **Castellanos-Vargas R. O.**, (2020) Días buenos, días malos: aislamiento social de las mujeres mayores. Cuadernos Fronterizos Año, Núm Especial (julio, 2020): pp. 135-140. E-ISSN: 2594-0422. <https://doi.org/10.20983/cuadfront.2020.1e.21>

Good days, bad days: social isolation of older women. Border Notebooks Year, Special Issue (July, 2020): pp. 135-140. E-ISSN: 2594-0422.

Type of production: Article

Support type: Magazine

-**Castellanos Vargas, R. O.**, (2019) ¿Qué es la Gerontología y qué hace en la Universidad Autónoma de Ciudad Juárez? Cuadernos Fronterizos, Año 15, Núm. 47 (septiembre-diciembre, 2019): pp. 19-22. E-ISSN: 2594-0422. <https://doi.org/10.20983/cuadfront.2019.47.10>

What is Gerontology and what does it do at the Autonomous University of Ciudad Juárez? Frontier Notebooks, Year 15, No. 47 (September-December 2019): pp. 19-22. E-ISSN: 2594-0422.

Type of production: Article

Support type: Magazine

-**Castellanos Vargas, R. O.**, Mendoza-Ruvalcaba, N. M., Arias Merino, E. (2017) Relación del Significado Religioso con el Bienestar Psicológico en los Adultos Mayores de la Zona Metropolitana de Guadalajara, Jalisco. *Rev Esp Geriatr Gerontol.* Junio 2017;52(Espec Cong):44-158 pgs.153-154.

Relationship of Religious Meaning with Psychological Well-being in Older Adults in the Metropolitan Area of Guadalajara, Jalisco. *Rev Esp Geriatr Gerontol.* 2017 Jun;52(Cong Spec):44-158 pgs.153-154.

Type of production: Poster abstract

Support type: Memories of Congress

-**Castellanos Vargas, R. O.** (2015) Capítulo "Cuidados Paliativos" *Libro Guía para cuidadoras familiares de adultos mayores.* Enero 2015. Universidad de Guadalajara.

Chapter "Palliative Care" *Guidebook for family caregivers of older adults.* January 2015. University of Guadalajara.

Type of production: Chapter of book

Support type: Guidebook

JOURNAL ARTICLES IN PRESS:

-Domínguez-Rodríguez, A., Martínez Arriaga, R. J., De la Rosa Gómez, A., Herdoiza-Arroyo, P. E., **Castellanos Vargas, R. O.**, Mateu Mollá, J., Farfallini, L., Bautista Valerio, E. *UX-based multi-component psychological online intervention for healthcare workers in Mexico during the COVID-19 pandemic: Protocol of a randomized clinical trial.* Under review in PlosOne magazine ClinicalTrials.gov Identifier: NCT04890665

Type of production: Scientific article

Support type: Magazine

Impact Source: WOS (JCR)

Impact index: 2.776

UNPUBLISHED WORK:

-Dzul Rosado, K., Domínguez-Rodríguez, A., De La Rosa-Gómez, A., Hernández-Delgado, Y., **Castellanos Vargas, R. O.**, Cessia E Chuc Uc, C., Ramírez Martínez, F. R., Arzola Sánchez, C. (in press) *Impact on mental health and coping strategies of a mayan sample during the COVID-19 pandemic: an exploratory qualitative study.* Unpublished manuscript.

Type of production: Scientific article

Support type: Magazine

-Dominguez-Rodriguez, A., Martínez Luna, S. C., Hernández Jiménez, M., J., De la Rosa Gómez, A., Arenas Landgrave, P., Esquivel Santoveña, E. E., Arzola Sánchez, C., Alvarez Silva, J., Solis Nicolas, A. M.,

Colmenero Guadián, A. M., Castellanos Vargas, R.O., Ramírez Martínez, F.R. (2022) *Psychometric properties of the Inventory of Complicated Grief in a Mexican community sample during COVID-19 pandemic*. Unpublished manuscript.

Type of production: Scientific article

Support type: Magazine

MANUSCRIPTS SUBMITTED FOR PUBLICATION IN PREPARATION:

-Domínguez Rodríguez, A., Hernández-Delgado, Y., **Castellanos Vargas, R.O.**, Jaqueline Siqueiros-Mondaca, J., Albán-Terán, M. G., Nieto Ramos, E., García Valtierra, J. C., Alisson Casa-Leiva, A., Martínez Arriaga, R. J., De la Rosa Gómez, A., Herdoiza-Arroyo, P., Figueroa González, J. A., Lupercio Ramírez, M. J., Luis Farfallini, Eduardo Bautista Valerio, Flor Rocío Ramírez-Martínez, Joaquín Mateu Mollá, Laura Lacomba-Trejo (2022) *Emotional experiences of health personnel in Mexico during the COVID-19 pandemic: a qualitative study*. Manuscript submitted for publication.

Type of production: Scientific article

Support type: Magazine

-Alejandro Domínguez Rodríguez, Karla Dzul Rosado, Anabel De La Rosa-Gómez, Yolanda Hernández-Delgado, **Rosa Olimpia Castellanos Vargas**, Cessia E Chuc Uc, Flor Rocío Ramírez Martínez, Carlos Arzola Sánchez (2022) *Psychological online intervention using smartphones for Mayan adults from Yucatan-Mexico during the COVID-19 pandemic: Dealing with symptoms of anxiety, depression, and fear of COVID*. Manuscript submitted for publication.

Type of production: Scientific article

Support type: Magazine

EVALUATOR OF WORKS IN CONFERENCES

IV National Congress of Gerontology “Multidisciplinary Actions for Active Aging”.

The 21st IAGG World Congress of Gerontology and Geriatrics “Global Aging and Health: Bridging Science, Policy and Practice”.

EVALUATOR OF BOOKS

Enfoques transdisciplinarios sobre el envejecimiento y la agenda 2030: Para el desarrollo sostenible en Iberoamérica Volumen I.

Transdisciplinary approaches on aging and the 2030 agenda: For sustainable development in Ibero-America Volume I.

DIPLOMA AND COURSES

2018 June Diploma in ICTs and distance education.

2017 June Courses PIME Pedagogical Model UACJ.

2015 January Diploma: Didactic planning by competences University of Guadalajara.

2014 May Congress of Gerontology and Geriatrics.

2013 August Diploma in Pain and Palliative Medicine. Jalisco Institute of Pain Relief and Palliative Care PALIA.

2011 Diploma in Thanatology O.P.D. Civil Hospital of Guadalajara “Fray Antonio Alcalde”.

2009 May Egel-PSI-CL, CENEVAL, Testimony of Outstanding Performance.

2007 October 1st. International Congress of Hospital Clinical Neuropsychology in Mexico.

2007 October Symposium: Crises in couple relationships and alternatives to overcome them.

2006 November 4th National Congress of Neuropsychology.

PRESENTATIONS

- Panel: Vulnerability and older adults. Paso del Norte International Congress of Social Sciences. September 10, 2018. Autonomous University of Ciudad Juárez.
- Gerontology in Mexico. Gerontology Week 2018 CeBeTiS 128.
- Relevance and professionalization of Gerontology in Mexico and Latin America. 4th Conference on Geronto-geriatrics at the First Level of Care. November 11, 2017. College of Family Physicians of Ciudad Juárez.
- Gerontology in Mexico. Panel at the International Forum on Old Age and Aging. October 19, 2017. Secretary of Social Development of the Northern Border.
- Religious meaning and its relationship with psychosocial development and satisfaction with life in older adults in the metropolitan area of Guadalajara, Jalisco. Poster session presented at 21st IAGG World Congress of Gerontology and Geriatrics “Global Aging and Health: Bridging Science, Policy and Practice”. July 27, 2017. of the International Association of Gerontology and Geriatrics, San Francisco, CA.
- Closing Circles: A Thanatological Vision. V National Congress of Gerontology. “Quality of Life and Inclusion of the Elderly”. November 15, 2016. Autonomous University of Ciudad Juárez.
- Religious Meaning and Psychosocial Development in Late Life. The 10th International Association of Gerontology and Geriatrics -Asia/Oceania 2015 Congress 20 October 2015.
- Religious sense and psychosocial development in old age. 59th Congress of the Spanish Society of Geriatrics and Gerontology and the 29th Congress of the Galician Society of Xerontoloxía e Xeriatria.

SCHOLARSHIPS

- BECAS DE POSGRADO EN EL EXTRANJERO Convocatoria CONACyT – Doctorados en ciencias y humanidades en el extranjero 2022.
- POSTGRADUATE SCHOLARSHIPS ABROAD Call CONACyT (National Council of Science and Technology, Government of Mexico) – Doctorates in sciences and humanities abroad 2022.

SERVICE

- 2019 – present Representative of the State of Chihuahua in the global movement Dementia Friends