

CURRICULUM VITAE

Rosa Olimpia Castellanos-Vargas

Interdisciplinary Health Sciences PhD Student

University of Texas at El Paso

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EDUCATION

- 2026 Master's student, Contextual Therapies and Third-Wave Therapies Program
Itaca Formation
Distance University of Madrid, Spain
- 2025 – Present Master's student, Clinical Psychology and Psychotherapy Program
Escuela Superior de Psicología de Ciudad Juárez
Ciudad Juárez Chihuahua, MX.
Dissertation title: Grief in Older Adults
- 2022 – present ABD, Interdisciplinary Health Sciences PhD Program
University of Texas at El Paso, El Paso, TX 79968
Dissertation title: Mental health in Older adults
- 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 Transcultural Gerontology Mexican Group
https://www.facebook.com/profile.php?id=61580328191799&locale=es_LA

2025– present Barrios amigables para las personas mayores

TEACHING EXPERIENCE

2015 – present Full-time Professor
B.S., Gerontology, University Autonomous of Ciudad Juárez (UACJ)

2014 – 2015 Psych gerontology professor
B.S., Gerontology, University of Guadalajara

COURSES TAUGHT

PhD Degree

Program: Doctorate in Human and Animal Health Research, Autonomous University of Ciudad Juárez

Full-time Professor UACJ

Courses:

DIS000424 Research work (2024)

Master Degree

Program: Master of Science in Dentistry, Autonomous University of Ciudad Juárez

Full-time Professor UACJ

MCO06525 Bioethics in Science (2026)

Psychology (2026)

Undergraduate

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

Full-time Professor

2015 – present

Courses:

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

Program: B.S., Gerontology, University of Guadalajara

Psychgerontology professor

2014 – 2015

Courses:

I3998 Gerontology

I4017Psycogerontology I

I4018 Psycogerontology II

I4045 Psychotherapy for the elderly I

I4046Psychotherapy for the elderly II

I4025 Intervention models

I4048 Occupational therapy

RESEARCH

Published, In-Press, or Accepted Manuscripts

- Tamez Valdez, B. M., **Castellanos-Vargas, R.O.**, (2025). Perspectivas del envejecimiento: Guadalajara, Juárez y Monterrey. *Cuadernos Fronterizos* Año 21, Núm. 64 (mayo-agosto, 2025): pp. 36-40. E-ISSN: 2594-0422, P-ISSN: 2007-1248. Recepción: 22-03-2025 Aceptación: 12-05-2025 DOI: <http://dx.doi.org/10.20983/cuadfront.2025.64.8>

Tamez Valdez, B. M., Castellanos-Vargas, R.O., (2025). Perspectives on Aging: Guadalajara, Juárez, and Monterrey. Cuadernos Fronterizos, Vol. 21, No. 64 (May–August, 2025)): pp. 36-40. E-ISSN: 2594-0422, P-ISSN: 2007-1248. Reception: 22-03-2025 Aceptation: 12-05-2025 DOI: <http://dx.doi.org/10.20983/cuadfront.2025.64.8>

Type of production: Article

Support type: Magazine

- de la Rosa-Gómez, A., Hernández-Jiménez, M.J., Valencia, P.D., Dominguez-Rodríguez, 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>

Type of production: Scientific article

Support type: Magazine

Impact Source: WOS (JCR)

Impact index: 0.4

-Dominguez-Rodríguez, 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 Source: WOS (JCR)

Impact index: 1.375

- 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 Source: WOS (JCR)

Impact index: 4.614

-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>

Castellanos Vargas R. O. (2020). *Maternity in quarantine. Border Notebooks. Vol. 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>

Hernández Delgado Y., Castellanos-Vargas R. O., (2020). 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>

Castellanos Vargas, R. O., (2019). 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.

Castellanos Vargas, R. O., Mendoza-Ruvalcaba, N. M., Arias Merino, E. (2017). 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.

Castellanos Vargas, R. O. (2015). 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 Rocio 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

The 21st IAGG World Congress of Gerontology and Geriatrics “Global Aging and Health: Bridging Science, Policy and Practice” 2017. San Francisco CA, EU.

IV National Congress of Gerontology “Multidisciplinary Actions for Active Aging”, 2015, Tonalá Jalisco, México.

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.

DIPLOMAS AND COURSES

2025 June-July Course Introduction to systematic reviews and Research question.
2025 June-July Diploma in Psychology for Coping with Loss and Grief.
2025 January-June Course Healing through meaning. Logotherapy.
2025 January-June Course Awareness-raising for the formation of support groups.
2025 March – April Course Artificial Intelligence in Teaching.
2024 November 19th -22nd Attendance 10th International Conference on Social Work in Health and Mental Health.
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

- Moderator on conference “Gender and masculinities: a new approach in research” as part of the Seminar Theoretical and methodological tools for gerontological research December 9th, 2025.
- Oral presentation: “Intergenerational support networks in communities: reflections from intervention”. in Colloquium of Graduates in Social Work of Nuevo León, Training workshops August 25, 2025.
- Oral presentation “Functional capacity and family functioning in different regions of Mexico” in the VIII Summer Gerontological Research. Applied Gerontology: its contribution to practice and research. June 23rd to 27th, 2025
- Poster presentation in 2nd Research Colloquium “Evaluation of vitamin D intake and its association with foot ulcers”, May 26th, 2025.
- Poster presentation in 5th International Food Research Workshop in the Chihuahua Desert Region of North America, May 29th & 20th 2025.
- 10th International Conference on Social Work in Health and Mental Health. Australian Association of Social Workers, November 19–22, 2024.
- Training on Aging Issues with a Biopsychosocial Approach for Psychologists in the Municipality of Ciudad Juárez. Facilities of the Municipal Institute of Research and Planning, May 14, 2024.
- Panel: Vulnerability and older adults. Paso del Norte International Congress of Social Sciences. September 10, 2018. Autonomous University of Ciudad Juarez.
- 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 Juarez.

-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 Xeriatría.

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.