

Curriculum Vitae

Personal information **Helena Fonseca**

Work experience

- Employer: Hospital de Santa Maria/Faculdade de Medicina da Universidade de Lisboa
 - Start date: 031985
 - End date:
 - Position: Associate Professor with Habilitation in Paediatrics
 - Activities: Associate Professor with Habilitation in Paediatrics Head of the Adolescent Medicine Division, Department of Paediatrics Head of the Paediatric Obesity Clinic, Department of Paediatrics
 - Country: Portugal

Education and training

- Subject: Faculdade de Medicina, Universidade de Lisboa
 - Start date: 042009
 - End date:
 - Qualification: Unanimously approved with distinction and appraisal
 - Organisation: PhD in Pediatrics
 - Country: Portugal
- Subject: University of Minnesota
 - Start date: 1996
 - End date: 1999
 - Qualification: A
 - Organisation: Master in Public Health
 - Country: United States
- Subject: Faculdade de Medicina da Universidade de Lisboa
 - Start date: 1974
 - End date: 1980
 - Qualification: Very good
 - Organisation: Medical degree
 - Country: Portugal

Additional information

Publications

Publications in Peer-Reviewed Journals International Publications 1. Mckie L, Al_Bashir M, Anagnostopoulou T, Csepe P, El_Asfahani A, Fonseca H, Funiak S, Javetz R, Sam Suridjal S. Defining and assessing risky behaviours. Journal of Advanced Nursing 1993; 18: 1911_16. 2. Salazar de Sousa J, Coelho Rosa F, Baptista A, Fonseca H, Sá G. Cow's milk protein sensitivity: a possible cause of nephrotic syndrome in early infancy. J Pediatr Gastr Nutr 1995; 21: 235_37. 3. Moving on: Transition from Pediatric to Adult Health Care _ Summary of Conference recommendations. J Adolesc Health 1995; 17: 6_9. 4. Fonseca H. Study of a Population of Adolescents at Risk. Int J Adol Med Health 1995; 8: 107_12. 5. Fonseca H. Working adolescents in Portugal. Int J Adol Med Health 1995; 8: 113_15. 6. Fonseca H. Cultural Influences of the adolescent risky behaviour. The Journal of A.P.E.E. (Association for Pediatric Education in Europe) 1995; 1: 51_54. 7. Fonseca H, Ireland M. et al. Conductas de Control de Peso en Adolescentes. Anales Españoles de Pediatría 1999; supl. 124: 87_88. 8. Anteghini M, Fonseca H., Ireland M, Blum R. Health Risk Behaviors and Associated Risk and Protective Factors Among Brazilian Adolescents in Santos, Brasil. J Adolesc Health 2001; 28:295_302. 9. Berg_Kelly K. et al. EU_Teach: A Network for Developing the Teaching of Adolescent Medicine in Europe. Acta Paediatr 2000; 89: 1270. 10. Fonseca H, Ireland M, Resnick M. Familial Correlates of Extreme Weight Control Behaviors Among Adolescents. Int J Eat Disord 2002; 32: 441_48. 11. Fonseca H, Matos MG, Carvalhosa S. Obesity, Overweight and Psychosocial Correlates of Body Image Among Portuguese Youth. J Adolesc Health 2003; 32: 124_25. 12. Fonseca H. The importance of sports in youth development. Turk Arch Ped Supl 1, 2004; 39: 157_8. 13. Fonseca H. Abordagem sistémica em saúde dos adolescentes e suas famílias. Adolescência & Saúde 2004; 3: 6_11. 14. Michaud PA, Stronski S, Fonseca H, MacFarlane A. The development and pilot_testing of a training curriculum in adolescent medicine and health. J Adolesc Health 2004; 35: 51_57. 15. Fonseca H, Matos MG. Perception of overweight and obesity among Portuguese adolescents: an overview of associated factors. Eur J Pub Health 2005; 15: 323_8. 16. Kohn M, Rees JM, Brill S, Fonseca H, Jacobson M, Katzman DK, Loghmani ES, Neumark_Sztainer D, Schneider M. Preventing and treating adolescent obesity: A position paper of the Society for Adolescent Medicine. J Adolesc Health 2006; 38: 784_87. 17. Fonseca H, Matos MG, Guerra A, Pedro JG. Are overweight and obese adolescents different from their peers? Int J Ped Obes 2009; 4: 166_174. 18. Fonseca H, Matos MG, Guerra A, Gomes_Pedro J. Emotional, behavioural, and social correlates of missing values for BMI. Arch Dis Child 2009; 94: 104_109. 19. Fonseca H, Matos MG, Guerra A, Gomes_Pedro J. Are overweight adolescents at higher risk of engaging in unhealthy weight control behaviours than their peers? Acta Paediatr 2009; 98: 847_52. 20. Quaresma A, Palmeira A L, Martins S C, Veloso S, Fonseca H, Matos MG. M. G. Uma análise do paradigma fitness vs fatness na qualidade de vida: Influência da aptidão cardiorespiratória no impacto do peso na qualidade de vida de adolescentes. Fitness & Performance 2009; 8 (4): 254_263. 21. Braga_Tavares H, Fonseca H. Prevalence of metabolic syndrome in a Portuguese obese adolescent population according to three different definitions. Eur J Pediatr 2010; 169 (8): 935_940. 22. Fonseca H, Silva AM, Matos MG, Esteves I, Costa P, Guerra A, Gomes Pedro J. Validity of BMI based on self_reported weight and height in adolescents. Acta Paediatr 2010; 99: 83_88. 23. Fonseca H, Matos MG, Guerra A, Gomes_Pedro J. How much does overweight impact the adolescent developmental process? Child: care, health and development 2010; 37 (1): 135_142. 24. Fonseca H, Matos MG. Are adolescent weight_related problems and general well_being essentially an issue of age, gender or rather a pubertal timing issue? J Ped End Met 2011; 24 (5_6): 251_256. 25. Fonseca H, Palmeira A L, Martins S, Ferreira, PD. Short_and medium_term impact of a residential weight_loss camp for overweight adolescents. Int J Adol Med Health 2014; 26 (1):33_38. DOI 10.1515/ijamh_2012_0107. 26. Veloso SM, Matos MG, Fonseca H,

Carvalho M, Diniz JA, Palmeira AL, Martins SS. Cross_sectional psychosocial differences between clinical and nonclinical samples of overweight adolescents. *The Archives of Exercise in Health and Disease* 2012; 13: 123_131.

27. Santos T, Matos MG, Simões C, Fonseca H, Machado MC. Individual factors related to chronic condition in Portuguese adolescents: Highlights from the HBSC/WHO study. *HEALTH* 2013; 5 (11B): 25_34. <http://dx.doi.org/10.4236/health.2013.511A2005>

28. Sousa P, Fonseca H, Gaspar P, Gaspar F. Internet_based intervention program for obese adolescents and their families (Next.Step): research protocol of a controlled trial. *Journal of Advanced Nursing* 2014; 70 (4): 904_914. doi: 10.1111/jan.12245

29. Freira S, Fonseca H, Dias Ferreira P, Vasconcelos P, Fonseca JE. SAPHO syndrome in an adolescent: a clinical case with unusual severe systemic impact. *J Adolesc Health* 2014; 55 (2): 304_306. doi: 10.1016/j.jadohealth.2014.02.004

30. Fonseca H, Palmeira AL, Martins S, Falcato L, Quaresma A. Managing paediatric obesity: a multidisciplinary intervention including peers in the therapeutic process. *BMC Pediatrics* 2014; 14:89 http://www.biomedcentral.com/1471_2431/14/89

31. Sousa P, Fonseca H, Gaspar P, Gaspar F. Lifestyle and treatment adherence among overweight adolescents. *J Health Psychol* 2014. Epub 1 May 2014. doi:10.1177/1359105314531469 <http://www.ncbi.nlm.nih.gov/pubmed/24788105>

32. Fonseca H. Is internet use unhealthy? *Swiss Med Wkly* 2014; 144:w14071. www.smw.ch

33. Sousa P, Fonseca H, Gaspar P, Gaspar F. Usability of an internet_based platform (Next.Step) for adolescent weight management. *Jornal de Pediatria* 2015; 91 (1): 68_74. 34. Sousa P, Fonseca H, Gaspar P. Measuring Adherence to Weight Control in adolescents: Development and validation of a self_report questionnaire. *Journal of Nursing Measurement* 2015; 23 (2): 224_238.

35. Sousa P, Gaspar P, Fonseca H, Hendricks C, Murdaugh C. Health promoting behaviors in adolescence: validation of the Portuguese version of the Adolescent Lifestyle Profile. *Jornal de Pediatria* 2015; 91(4), 358_365. doi:10.1016/j.jpmed.2014.09.005

36. Sousa P, Fonseca H, Gaspar P, Gaspar F. Controlled Trial of an Internet Based Intervention for Overweight Adolescents (Next.Step): Effectiveness Analysis. *Eur J Pediatr* 2015; 174:1143–1157.

37. Prioste A, Fonseca H, Sousa P, Gaspar P, Francisco R, Machado M. Put yourself in my shoes: Perspectives of adolescents about what makes an obesity intervention effective. *Health* 2015; 7(14): 1833_40.

38. Fonseca H, Prioste A, Sousa P, Gaspar P, Machado MC. Effectiveness analysis of an internet_based intervention for overweight adolescents: next steps for researchers and clinicians. *BMC Obesity* 2016. 39. Prioste A, Fonseca H, Pereira CR, Sousa P, Gaspar P, Machado MC. Pathways between BMI and adherence to weight management in adolescence. *Int J Adolesc Med Health* 2016.

40. Ascenso A, Fonseca H. Physical activity and cardiorespiratory fitness, but not sedentary behavior, are associated with carotid intima_media thickness in obese adolescents. *Eur J Pediatr* 2016; 2016;175(3):391_398.

41. Prioste A, Fonseca H, Sousa P, Gaspar P, Machado MC. Cross_sectional study showed psychosocial variables, gender and family involvement played an important role in an adolescent weight management programme. *Acta Paediatr* 2017; 106 (1): 105_111.

42. Gray NJ, Christie D, Coyne I, Fonseca H, Philippe CD, Sawyer AM, Tuchman LK, Versnel J. The Use of Medication by Adolescents and Young Adults. *J Adolesc Health* 2017; 61: 396_399.

44. Videira_Silva A, Fonseca H. Skeletal muscle and metabolic risk in overweight adolescents. An indicator of premature sarcopenic obesity. *Int J Health Sci Res.* 2017;7(8):34_43.

45. Videira_Silva A, Fonseca H. The effect of a Physical Activity Consultation on Body Mass Index_Z_Score of Overweight Adolescents: Results from a Pediatric Outpatient Obesity Clinic. *Eur J Paed* 2017; 176(5):655_660. doi: 10.1007/s00431_017_2892_1.

46. Freira S, Lemos MS, Fonseca H, Williams G, Ribeiro M, Pena F, Machado MC. Anthropometric outcomes of a motivational interviewing school_based randomized trial involving adolescents with overweight. *Eur J Paed* 2018;177(7):1121_1130. doi:10.1007/s00431_018_3158_2

47. Videira_Silva A, Sardinha L, Fonseca H. Effect of a Physical Activity Consultation in the Management of Adolescent Overweight (the PACMANO project): study rationale, design and methods. *BMJ Paediatrics Open* 2018;2:e000214. doi:10.1136/bmjpo.2017_000214

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Videira_Silva A, Freira S, Fonseca H. Metabolic healthy overweight adolescents: definition and components. *Ann of Pediatr Endocrinol Metab* 2020;25(4): 256_264. doi: 10.6065/apem.2040052.026

52. Dut R, Videira_Silva A, Vilardouro AS, Freira S, Fonseca H. Life_stage factors associated with overweight severity in adolescents. *The Turkish Journal of Pediatrics* 2020; 62:994_1001. doi: 10.24953/turkjped.2020.06.011

53. Hoppu K, Fonseca H. (2021). Why are certain age bands used for children in paediatric studies of medicines? *Archives of Disease in Childhood.* doi: 10.1136/archdischild.2020.319019

54. Ana Cristóvão Ferreira; António Videira_Silva; Sílvia Freira; Helena Fonseca. Adolescent medicine during specialized paediatric training: the past, the present and the future. *Int J Adolesc Med Health* 2021; 14;33(3):83_88. doi: 10.1515/ijamh.2021_0006.

55. António Videira_Silva, Megan Hetherington_Rauth, Luís B. Sardinha, Helena Fonseca (2021). Combined high_intensity interval training as an obesity_management strategy for adolescents. *Eur J of Sport Sci.* DOI: 10.1080/17461391.2021.1995508

56. Antonio Videira_Silva, Megan Hetherington_Rauth, Luís B. Sardinha, Helena Fonseca (2021). The effect of a physical activity consultation in the management of adolescent excess weight: Results from a non_randomized controlled trial. *Clinical Obesity.* DOI10.1111/cob.12484

International Book Chapters 1. Fonseca H. Acne: Formas Clínicas, Diagnóstico y Tratamiento. In: Castellano Barca G, Vicario M, Romero A. Medicina de la Adolescencia: Atención Integral. 1st Ed. Ergon, Madrid (2004) pp. 323_328.

2. Fonseca H. Greydanus DE. Blick über die Grenzen. In: Stier B, Weissenrieder N. Jugendmedizin_Gesundheit und Gesellschaft. 1st Ed. Springer Verlag, Heidelberg (2006) pp. 413_18.

3. Greydanus D, Fonseca H, Pratt H. Childhood and Adolescent Sexuality. In: Behavioral Pediatrics. 2nd Ed. Greydanus DE, Patel DR, Pratt HD. iUniverse Books, New York (2006) (1) pp. 295_330.

4. Fonseca H, Greydanus DE. Sexuality in the child, teen, and young adult: Concepts for the clinician. In: Behavioral Pediatrics. Primary Care: Clinics in Office Practice. Ed. Greydanus DE, Pratt HD, Patel DR. Elsevier Saunders, Philadelphia (2007) 34 (2) pp. 275_292.

5. Fonseca H, Sousa M. Walking the Talk: Parenting Adolescents with a Chronic Condition. In: Adolescent Rheumatology. Ed. McDonagh, White P. Informa Healthcare USA, Inc. New York (2008) pp. 311_27.

6. Fonseca H. Helping adolescents develop resilience: Steps the pediatrician can take in the office. In: AM:STARs, Adolescent Medicine Clinics: State of the Art Reviews. Ed. American Academy of Pediatrics. Elk Grove Village, USA (2010) 21 pp. 152_160.

7. Matos MG, Fonseca H, Tavares HB, Baptista I, Goulão J, Pereira A. et al. Portugal: Youth_friendly health services and policies. In: Youth_friendly health policies and services in the European region: Sharing experiences. 2nd Ed. Valentina Baltag, Alex Mathieson. WHO Regional Office for Europe. Copenhagen, Denmark (2010) pp. 61_75.

8. Matos MG, Fonseca H, Tavares H, Baptista I, Goulão J, Pereira A, Sampaio D, Vilar D, Frasilho A, Ramos S, Diniz A J, Távira L, Simões C, Lebre P, Gaspar T & The Social Adventure Project Team. Youths' Health and Health Education Services in Portugal. In: RHS. Health Care Systems: A Global Survey. Ed. New Century Publications, New Delhi (2011) pp. 328_343. DOI 10.1007/978_1_4419_1788_1_140

9. Fonseca H, Matos MG. Psychosocial correlates in the context of body mass index and overweight. In: Preedy VR. Handbook of Anthropometry: Physical Measures of Human Form in Health and Disease. Ed. Springer Science+Business Media LLC, London (2012) pp. 2273_2284.

10. Fonseca H. Desarrollo de la mama en la adolescente y sus trastornos. In: Vicario MI, Romero AM, Barca GC. Medicina de la Adolescencia Atención Integral. 2nd ed. Ergon, Madrid (2012) pp. 397_400.

11. Fonseca H. How an Adolescent Health Curriculum was implemented in Portugal. In: Cherry A L, Baltag V, Dillon ME (Eds.) International Handbook on Adolescent Health and Development: The Public Health Response. Springer International Publishing, Switzerland. 2017: 341_358. doi 10.1007/978_3_319_40743_2_17

12. Fonseca H, Ramos F. (2019). Adolescents, Young Adults and their Parents. In: McDonagh, J., Tattersall, R. (ed.) Adolescent and Young Adult Rheumatology in Clinical Practice. Switzerland: Springer, pp 59_68.

13. Fonseca H, Tavares H. (2019). Adolescent Medicine. In: Barker C., Turner M., Sharland, Britain. Neonatal and Paediatric Prescribing. Ed. Pharmaceutical Press, London (2017) (in press).M. (ed.) Prescribing medicines for children. London: Pharmaceutical Press, pp 383_390.

14. Fonseca, H., Tavares, H. (2020). Desarrollo de la mama. Alteraciones patológicas. 3rd ed. In: Vicario, M.I., Molinero L.R., Calvo M.T. (ed.) Medicina de la Adolescencia: Atención Integral. Madrid: Ergon, pp 1271_1274.

Projects

Activities as an expert, scientific mandates 2019 Consultant for the WHO/PAHO Training of Trainers (ToT) Strengthening capacity in adolescent health training in Colombia. Bogotá, August 2019. 2019 Advisor for the WHO Training of Trainers (ToT) Strengthening capacity in adolescent health training in Ghana. Acra, July 2019. 2016 Advisor for the WHO Inter_Country Capacity Building in Training of Trainers on Adolescent Health for East and Southern Africa. Windhoek, Namibia, August 2016. 2015 Temporary adviser for the World Health Organization (African region): Technical support to the Health National Strategic Plan 2014_2019, Ministry of Health of

Mozambique. 2013_ 2014 Temporary adviser for the World Health Organization. Project "Capacity building on pre_service training of health workers in adolescent health". 2012 Advisor for the Meeting "Adolescent Medicine: A growing discipline", organised by the Deans of Medical Schools and Chairpersons of Egyptian Paediatric Departments. Red Sea, Egypt, 22_24 March 2012. 2010 Youth_friendly health policies and services in the European Region: Sharing experiences. 2008 European Strategy for Child and Adolescent Health and Development_Action Tool, WHO Regional Office for Europe. 1995 First training workshop for Adolescent Health Counselors in African countries speaking the Portuguese language (Cape Vert)

Memberships

Committee Memberships 2015_ Member, Society for Adolescent Health and Medicine Awards Committee. 2009_ Member, Society for Adolescent Health and Medicine Abstract Review Committee. 2007_ Member of the Paediatric Committee, European Medicines Agency, London (Portuguese representative). 2001_07 Member of the Paediatric Expert Group (European Medicines Agency, London) 2001_09 IAAH Vice_President (International Association for Adolescent Health) 2000_06 President, Adolescent Medicine Chapter, Portuguese Pediatric Association 1999_ Member and Co_founder of EuTEACH (European Training in Effective Adolescent Care and Health) 1995_ WHO consultant for Adolescent Health in different projects

Other Relevant Information

Awards 2005 Honour of the Public Higher Education for a lifetime achievement in favour of Adolescent Health advocacy and training (Presidency of the Portuguese Republic) 2007 Society for Adolescent Medicine (SAM) International Chapter Recognition Award (Denver, USA) Participation in Scientific Societies 1993_ Member, Society for Adolescent Health and Medicine, USA 1980_ Sociedade Portuguesa de Pediatria (SPP) 2000_ Adolescent Medicine Chapter, SPP (President: 2000_2006) 2001_ International Association for Adolescent Health (IAAH) (Vice_President: 2001_2009) 2001_ Mediterranean Action Group for Adolescent Medicine (MAGAM) 2000_2006 Associação Latino_Americana de Pediatria (ALAPE), Adolescence Committee. 2004_ Sociedade Portuguesa para o Estudo da Obesidade Activities in Scientific Journals Editorial Board 2004_ Editorial Board, Adolescência & Saúde, Universidade do Estado do Rio de Janeiro, Brasil. 2003_ Editorial Board, Rivista Italiana di Medicina dell' Adolescenza, Società Italiana di Medicina dell'Adolescenza. 2001_02 Editorial Board, Adolescência Latinoamericana, Associação Brasileira de Adolescência _ASBRA_ and Sociedad Argentina da Salud Integral del Adolescente. 2000_06 Editorial Board, Acta Pediátrica Portuguesa, Portugal. Reviewer 2014_ Swiss Medical Weekly 2011_ Child: Care, Health & Development 2009_ European Journal of Pediatrics 2007 Archives of Pediatrics & Adolescent Medicine 2005_2007 International Journal of Obesity (2005_2006) 2005_ Health Education Research 2004_ Journal of Adolescent Health 1995_ Acta Pediátrica Portuguesa