

Research Project Details and Pre-Doctoral Contract Profile

Project Details	
Reference	PID2025-I75862NB-I00
Title	Randomized controlled trial of the main psychological therapies for fibromyalgia: effects on key symptoms incorporating Ecological Momentary Assessment
Principal Investigator	Elena Miró Morales María del Pilar Martínez Narváez-Cabeza de Vaca
Center	Mind, Brain and Behavior Research Center (CIMCYC)
Objective	<p>The general objective of this project is to delve into the effects of the primary psychological therapy options for fibromyalgia, aiming to determine their mechanisms of action. To this end, we will conduct a randomized controlled trial with adequate sample sizes comparing the effects of the following treatments: 1) Pain-focused Cognitive Behavioral Therapy (CBT-P), 2) Insomnia-focused Cognitive Behavioral Therapy (CBT-I), 3) Acceptance and Commitment Therapy (ACT) and 4) Emotional Awareness and Expression Therapy (EAET) on the primary symptoms of fibromyalgia. This includes a comprehensive assessment featuring subjective and objective measures (algometry, actigraphy, polysomnography and cognitive functioning) as well as Ecological Momentary Assessment (EMA) via a digital app designed specifically for the study, collected at post-treatment and follow-ups (at 3, 6 and 9 months).</p>
Contact	emiro@ugr.es ; mnarvaez@ugr.es
Guidance on valuable merits	
Tasks to be performed under the contract	<ol style="list-style-type: none">1. Participate in refining our existing treatment programs from previous projects (CBT-P, CBT-I, ACT and EAET) to ensure they are as distinct from one another as possible and include the components that genuinely belong to each theoretical approach.2. Occasional collaboration on tasks related to developing smartphone-compatible software to conduct EMA for the main clinical manifestations of fibromyalgia (handled by a computer science team).3. Actively participate in the described randomized clinical trial by conducting dissemination,

	<p>assessment and participant selection tasks, and assuming the role of psychotherapist for a methodologically appropriate number of treatment groups (training in the different therapy types will be provided).</p> <ol style="list-style-type: none"> Active participation in data analysis, exploring which subjective clinical measures each psychotherapy impacts; which objective parameters improve with each treatment; which subjective and objective factors mediate or moderate change to identify mechanisms of action and modulating factors; and longitudinally exploring how change evolves over time across the various subjective measures collected via digital EMA by analyzing their relationships with other measures. Participate in properly disseminating the results obtained in scientific contexts (attending conferences, drafting articles, etc.) and developing personalized treatment guidelines useful for promoting an appropriate transdiagnostic approach that improves current fibromyalgia care.
Degrees / Bachelor's degrees and related	Bachelor's Degree in Psychology
Master's degrees and related	<p>Master's Degree in General Health Psychology (preferably completed)</p> <p>Enrollment in the second year of the Master's Degree in General Health Psychology</p>
Courses	Courses in actigraphy, polysomnography or psychological therapy/treatment techniques.
Languages	English
Interview	No
Professional experience	<p>Essential: clinical vocation and strong therapeutic skills. Experience in clinical practice with adult patients with emotional disorders (anxiety, depression, etc.), post-traumatic stress disorder, sleep issues and chronic pain problems.</p>
Other	Being a woman. The therapy groups will include only women who in many cases have been victims of abuse, mistreatment, etc.