

COPELabs
Research Statement
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My research aim is to study how cognitive (and emotional) processes and psychosocial determinants explain how we perceive, think and behave in relation to environmental and social contexts. My current and future research include the study of cognitive processes about how we perceive natural and urban environments, how social values motivate individuals, and how these processes and interactions between them predict wellbeing and behaviours that may impact on environments. Studies usually adopt an experimental approach, using or will using methodologies such as eye-tracking, VR, or psychophysiological measures. This may be complemented by correlational approaches, using self-report measures and the natural contextual observation of behaviours. My contribution for COPELabs research lines is mainly related to the study of environmental determinants of emotion and behaviour in several health or more general behaviour domains. One example of this is the evaluation of environmental characteristics that promote cognitive and emotional restoration associated to mental health and quality of life improvements.