



Curriculum vitae

GUILLERMO LAHERA FORTEZA

Personal information

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Collegiate nº 28/2854760 (Illustrious Official College of Physicians of Madrid).

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Academic training:

- Bachelor of Medicine from the Complutense University of Madrid (1994- June 2000)
- Doctor of Medicine from the University of Alcalá, with an outstanding cum laude grade for the thesis "Theory of the Mind and development of psychotic symptoms in bipolar disorder" (July 3, 2007). Issued by the Ministry of Education of Spain.

- Extraordinary Award from the University of Alcalá for the aforementioned doctoral thesis (UAH Doctoral Commission, March 31, 2009)
- Specialist in Psychiatry (Hospital Príncipe de Asturias, Alcalá, Madrid) in June 2005.
- Master in “Psychotherapy. Integrative perspective” (60 credits) by the University of Alcalá de Henares, Madrid. Course 2002 - 2005
- Postgraduate in Neuropsychology and Dementia (18 credits). University of Barcelona. Higher University Studies Program (2007).
- University Specialist in Forensic Psychiatry (30 credits) Course 2007-08. Law School. UNED)
- University accreditation as Contracted Doctor Professor (ACAP, 2012) and Assistant Professor Doctor (ANECA, 2011).
- University accreditation as Professor of the University (ANECA, 2018).
- Associate Professor of Psychiatry. University of Alcalá.

Published articles

- Lamotrigine for the treatment of bipolar spectrum disorder: a chart review JM Montes, A Asiel, **G Lahera**, J Sáiz-Ruiz *Journal of Affective Disorders, Volume 86, Issue 1, May 2005 pag 69 – 73 IF = 3.078 (Q1: Clinical Neurology)*
- **Lahera G.**, Saiz-González D., Martín-Ballesteros E., Pérez-Rodríguez M.M., Baca-García E. Diagnóstico diferencial de la conducta acumuladora *Actas Esp Psiquiatr 2006;34(6):403-407 IF = 0.281 (Q4: Psychiatry)*
- Montes J.M., **Lahera G.** Update and long-term clinical management of rapid cycling *International Clinical Psychopharmacology 2006, 21:S00–S00 IF = 3.262 (Q1: Pharmacology&Pharmacy)*
- **Lahera Forteza G.** y González Aguado F. Manía psicótica tras introducción de presión positiva continua de la vía aérea (CPAP) en el tratamiento de la apnea obstructiva del sueño. *Actas Esp Psiquiatr 2007;35(6):406-407 IF = 0.316 (Q4: Psychiatry)*
- **Lahera G.**, Montes J.M., Benito A., Valdivia M., Medina E., Mirapeix I., Sáiz-Ruiz J. Theory of mind deficit in bipolar disorder: Is it related to a previous history of psychotic symptoms? *Psychiatry Res. 2008 Dec 15;161(3):309-17 IF = 2.666 (Q2: Psychiatry)*
- **Lahera G**, Pedrera A, Cabañes L, Fernandez-Lorente J, Simal P, Montes JM, Saiz-Ruiz J. P300 event-related potential in euthymic patients with bipolar disorder. *Prog Neuropsychopharmacol Biol Psychiatry. 2009 Feb 1;33(1):16-9 IF = 2.823 (Q2: Psychiatry)*
- Vargas ML, **Lahera G.** A proposal for translating the english term "Salience" into spanish. *Actas Esp Psiquiatr. 2011 Jul;39(4):271-2 IF = 0.589 (Q4: Psychiatry)*
- Fiorillo A, Luciano M, Giacco D, Del Vecchio V, Baldass N, De Vriendt N, Theodorides N, Piir P, Courtois AC, Gerber S, **Lahera G**, Riese F, Bendix M,

- Guloksuz S, Banu Aslantas E, Oakley C. Training and practice of psychotherapy in Europe: results of a survey. *World Psychiatry*. 2011 Oct;10(3):238 IF = 8.984 (Q1 Psychiatry)
- **Lahera G**, Ruiz-Murugarren S, Iglesias P, Ruiz-Bennasar C, Herreria E, Fernandez-Liria A, Montes JM. Social cognition and global functioning in bipolar disorder. *Journal of Nervous and Mental Diseases* 2012;200: 135-141 IF = 1.842 (Q3 Psychiatry)
 - **Lahera G**, Freund N, Sáiz-Ruiz J. Salience and dysregulation of the dopaminergic system. *Rev Psiquiatr Salud Ment*. 2012 Jul 3 IF = 0.667 (Q4: Psychiatry)
 - **Lahera G**, Benito A, Montes JM, Fernández-Liria A, Olbert CM, Penn DL. Social cognition and interaction training (SCIT) for outpatients with bipolar disorder. *J Affect Disord*. 2013 Jul 25 IF = 3.705 (Q1: Psychiatry, 33/136)
 - Bravo M., **Lahera G.**, Lalucat L., Fernández-Liria A. Guía de Práctica **Clínica** sobre el Trastorno Bipolar: tratamiento farmacológico y psicosocial. *Med Clin (Barc)*. 2013 Oct 5;141(7):305. IF = 1.252 (Q3: Medicine, General & Internal)
 - Benito A., **Lahera G.**, Montes J.M., Benito G., Fernández Liria A. Deficit on recognition, identification and discrimination of facial emotions in patients with bipolar disorder. *Revista Brasileira de Psiquiatria. Rev Bras Psiquiatr*. 2013 Oct-Dec;35(4):435-8. doi: 10.1590/1516-4446-2013-1086. PubMed PMID: 24402219. IF = 1.856 (Q3 Psychiatry).
 - **Lahera G.**, Herrera S., Fernández C., Bardón M, Ángeles V., Fernández-Liria A. Familiarity and face emotion recognition in patients with schizophrenia. *Comprehensive Psychiatry* 2014 2014 Jan;55(1):199-205. IF = 2.376 (Q2 Psychiatry)
 - **Lahera G**, Boada L, Pousa E, Mirapeix I, Morón-Nozaleda G, Marinas L, Gisbert L, Pamiàs M, Parellada M. Movie for the Assessment of Social Cognition (MASC): Spanish validation. *J Autism Dev Disord*. 2014 Aug; 44(8):1886-96. doi: 10.1007/s10803-014-2061-6. PubMed PMID: 24522969.. IF = 3.665 (Q1 Psychology, Developmental 9/68)
 - **Lahera G**, Bayón C, Bravo-Ortiz M, Rodríguez-Vega B, Barbeito S, Sáenz M, Avedillo C, Villanueva R, Ugarte A, González-Pinto A, de Dios C. Mindfulness-based cognitive therapy versus psychoeducational intervention in bipolar outpatients with sub threshold depressive symptoms: a randomized controlled trial. *BMC Psychiatry*. 2014 Aug 15;14(1):215. IF = 2.237 (Q2 Psychiatry)
 - **Lahera G**, Herrera S, Reinares M, Benito A, Rullas M, González-Cases J, Vieta E. Hostile attributions in bipolar disorder and schizophrenia contribute to poor social functioning. *Acta Psychiatr Scand* 2015: 1–11 Online ISSN: 1600-0447 IF: 6,128 (Q1 Psychiatry) 13/142 (Psychiatry) DOI: 10.1111/acps.12399
 - **Lahera G.**, Pérez-Fuster V., Gálvez J.L., Martínez M., Sánchez P., Roca M. ¿Es posible la recuperación funcional en la esquizofrenia?: un análisis cuali-cuantitativo de la opinión de los psiquiatras. *Actas de Psiquiatria Actas Esp Psiquiatr* 2016;44(3):97-106. IF: 1,2 Q3 (Psychiatry)
 - **Lahera G**, Ruiz-Murugarren S, Fernández-Liria A, Saiz-Ruiz J, Buck BE, Penn DL. Relationship between olfactory function and social cognition in euthymic bipolar patients. *CNS Spectr*. 2016 Feb;21(1):53-9. doi: 10.1017/S1092852913000382. Epub

2013 Jun 12. PubMed PMID: 23759120. IF 3.582, Q1 (Clinical Neurology; Q2 Psychiatry)

- Vazquez M., Maroño Y., **Lahera G.**, Mateos R, García-Caballero A. E-Motional Training: Pilot Study on a Novel Online Training Program on Social Cognition for Patients with Schizophrenia, *Schizophrenia Research: Cognition* 4 (2016) 10–17 DOI: <http://dx.doi.org/10.1016/j.scog.2015.11.007>
- Brañas A, Barrigón ML, Garrido-Torres N, Perona-Garcelán S, Rodriguez-Testal JF, **Lahera G**, Ruiz-Veguilla M. U-shaped curve of psychosis according to cannabis use: New evidence from a snowball sample. *J Psychopharmacol.* 2016 Dec;30(12):1331-1338. Epub 2016 Aug 18. pii: 0269881116660712. PubMed PMID: 27539930. IF 4,179, Q1 (Psychiatry 30/142).
- Andrade N., **Lahera G.**, Fernández-Liria A. Patient-therapist perspective of the working alliance in psychotherapy. *Psychiatric Quarterly* (Andrade-González N, Lahera G, Fernández-Liria A. Patient-Therapist Perspective of the Working Alliance in Psychotherapy. *Psychiatr Q.* 2017 Sep;88(3):623-633. doi: 10.1007/s11126-016-9477-4. PubMed PMID: 27848105 IF 1,449, Q3 (Psychiatry; 80/139).
- Varo C., Jiménez E. Solé B., Bonnín M., Torrent C., Valls E., Morilla I., **Lahera G.**, Martínez-Arán A., Vieta E., Reinares M. Social Cognition in Bipolar Disorder: focus on Emotional Intelligence. *J Affect Disord.* 2017 Apr 9;217:210-217. doi: 10.1016/j.jad.2017.04.012. IF 3.432 Q1 (Psychiatry; 26/139)
- **Lahera G**, Ruiz A, Brañas A, Vicens M, Orozco A. Reaction time, processing speed and sustained attention in schizophrenia: impact on social functioning. *Rev Psiquiatr Salud Ment.* 2017 Oct - Dec;10(4):197-205. doi: 10.1016/j.rpsm.2017.04.001. Epub 2017 Jun 7. PMID: 28596126. IF 2,227; Q2 (Psychiatry 58/139)
- López-Díaz A., Lara I., **Lahera G.** "Is the prevalence of the deficit syndrome in schizophrenia higher than estimated? Results of a meta-analysis". *Psychiatry Investigation* 2018;15(1):94-98) Q3 1,333 (Q3 Psychiatry 100/142) DOI: <https://doi.org/10.4306/pi.2018.15.1.94>
- Manzanera R, **Lahera G**, Álvarez-Mon MÁ, Alvarez-Mon M. Maintained effect of a training program on attitudes towards depression in family physicians. *Fam Pract.* Jan 16;35(1):61-66. doi: 10.1093/fampra/cmz071. PMID: 28985370 IF 1,986 (Q2; Medicine, General & Internal).
- Brañas A., Barrigón ML, **Lahera G.**, Canal-Rivero M., Ruiz-Veguilla M. Influence of depressive symptoms on distress related to positive psychotic-like experiences in women. *Psychiatry Res.* 2017 Dec; 258:469-475. doi: 10.1016/j.psychres.2017.08.094. Epub 2017 Sep 1. PubMed PMID: 28965815 IF 2,528 Q2 (Psychiatry 46/139)
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- **Lahera G**, Gálvez JL, Sánchez P, Martínez-Roig M, Pérez-Fuster JV, García-Portilla P, Herrera B, Roca M. Functional recovery in patients with schizophrenia: recommendations from a panel of experts. *BMC Psychiatry.* 2018 Jun 5;18(1):176. doi:

10.1186/s12888-018-1755-2. PubMed PMID: 29871616; PubMed Central PMCID: PMC5989342 IF 2,666 (Q2; 67/146 Psychiatry).

- Brañas A, **Lahera G**, Barrigón ML, Canal-Rivero M, Ruiz-Veguilla M. Effects of childhood trauma on facial recognition of fear in psychosis. *Rev Psiquiatr Salud Ment.* 2019 Mar 11. IF=2,630 (Q2; 72/155 Psychiatry)
- **Lahera G.**, Gasull V., Andrade-González N., Pagés-Lluyot J.R., Roca M. Percepción de la población española sobre la depresión. *Anales del Sistema Sanitario de Navarra (aceptado)*, 2019. IF 0,829 (Q4; 177/193 Public, Environmental & Public Health).
- Varo C, Jiménez E, Solé B, Bonnín CM, Torrent C, **Lahera G**, Benabarre A, Saiz PA, de la Fuente L, Martínez-Arán A, Vieta E, Reinares M. Social cognition in bipolar disorder: the role of sociodemographic, clinical and neurocognitive variables in emotional intelligence. *Acta Psychiatrica Scandinavica* 2019 Apr;139(4):369-380. doi: 10.1111/acps.13014. IF: 5,362; Q1 Psychiatry, 20 / 155)
- Mediavilla R, Muñoz-Sanjose A, Rodríguez-Vega B, Bayon C, **Lahera G**, Palao A, Bravo-Ortiz MF. Mindfulness-Based Social Cognition Training (SocialMind) for People With Psychosis: A Feasibility Trial. *Front Psychiatry.* 2019 May 2;10:299. doi: 10.3389/fpsy.2019.00299. PMID: 31118909. IF: 2,849; Q2 Psychiatry; 65/155
- Alvarez-Mon MA, Llaveró-Valero M, Sanchez-Bayona R, Pereira-Sanchez V, Vallejo M, Monserrat J, **Lahera G**, Asunsolo A, Alvarez-Mon M. Areas of interest and stigmatic attitudes of the general public in five relevant medical conditions: Thematic and quantitative analysis using Twitter. *Journal of Medical Internet Research.* 2019 May 28;21(5):e14110. doi: 10.2196/14110 IF: 5,034 (Q1; 2/27 Medical Informatics; Q1; 5/102 Health Care Sciences & Services).
- Sánchez-Reales S, Caballero-Peláez C., Prado-Abril J., Inchausti F., Lado-Codesido M., García-Caballero A., **Lahera G**. Spanish validation of the ‘Reading the Mind in the Voice Task: A study of complex emotion recognition in adults with autism spectrum conditions. *Research in Autism Spectrum Disorders* 2019 Volume 67, November 2019, <https://doi.org/10.1016/j.rasd.2019.101421>). IF: 1,688 (Q2; 24/71 Rehabilitation; Q2 12/42 Special Education; Q3 85/141 Psychiatry)
- Mediavilla R, Muñoz-Sanjose A, Rodríguez-Vega B, Bayon C, Palao A, **Lahera G**, Sanchez-Castro P, Roman E, Cebolla S, de Diego A, Pastor JM, Bravo-Ortiz MF. Mindfulness-based social cognition training (SocialMIND) versus psychoeducational multicomponent intervention for people with a first episode of psychosis: a study protocol for a randomised controlled trial. *BMC Psychiatry.* 2019 Jul 29;19(1): 233. IF: 2,704 (Q2; 68/155 Psychiatry)
- Andrade-González N, Hernández-Gómez A, Álvarez-Sesmero S, Gutiérrez-Rojas L, Vieta E, Reinares M, **Lahera G**. The influence of the working alliance on the treatment and outcomes of patients with bipolar disorder: A systematic review. *J Affect Disord.* 2019 Sep 3;260:263-271. doi: 10.1016/j.jad.2019.09.014. [Epub ahead of print] Review. PubMed PMID: 31521862. IF 3,892 (Q1 Clinical Neurology 50/204; Q2 Psychiatry 39/155)
- Alvarez-Mon MA, Gómez AM, Orozco A, **Lahera G**, Sosa MD, Diaz D, Auba E, Albillos A, Monserrat J, Alvarez-Mon M. Abnormal Distribution and Function of Circulating Monocytes and Enhanced Bacterial Translocation in Major Depressive Disorder. *Front Psychiatry.* 2019 Nov 15;10:812. doi: 10.3389/fpsy.2019.00812.

PMID: 31803077; PMCID: PMC6873610. IF: 2,849; Q2 Psychiatry; 65/155 doi: 10.3389/fpsy.2019.00812

- López-Del-Hoyo Y, Panzano MG, **Lahera G**, Herrera-Mercadal P, Navarro-Gil M, Campos D, Borao L, Morillo H, García-Campayo J. Differences between individuals with schizophrenia or obsessive-compulsive disorder and healthy controls in social cognition and mindfulness skills: A controlled study. *PLoS One*. 2019 Dec 11;14(12):e0225608. doi: 10.1371/journal.pone.0225608. PMID: 31825973; PMCID: PMC6905539. IF = 2.740 (Q2, Multidisciplinary Sciences, 27/71)
- **Lahera G**, Cid J, Gonzalez-Pinto A, Cabrera A, Mariner C, Vieta E, Arango C, Crespo-Facorro B. Needs of people with psychosis and their caregivers: «In their own voice». *Rev Psiquiatr Salud Ment*. 2020 Apr-Jun;13(2):80-89. English, Spanish. doi: 10.1016/j.rpsm.2019.11.002. Epub 2020 Jan 11. PMID: 31937434. IF=2,630 (Q2; 72/155 Psychiatry)
- Andrade-González N, Álvarez-Cadenas L, Saiz-Ruiz J, Lahera G. Initial and relapse prodromes in adult patients with episodes of bipolar disorder: A systematic review. *Eur Psychiatry*. 2020 Feb 12;63(1):e12. doi: 10.1192/j.eurpsy.2019.18. PMID: 32093795; PMCID: PMC7315869. (IF = 4,464; Q1 Psychiatry; 28/155).
- Boada L, **Lahera G**, Pina-Camacho L, Merchán-Naranjo J, Díaz-Caneja CM, Bellón JM, Ruiz-Vargas JM, Parellada M. Social Cognition in Autism and Schizophrenia Spectrum Disorders: The Same but Different? *J Autism Dev Disord*. 2020 Aug;50(8):3046-3059. doi: 10.1007/s10803-020-04408-4. PMID: 32642956. (IF = 3.047; Q1 Psychology, Developmental 16/77) DOI: 10.1007/s10803-020-04408-4
- Sevilla-Cermeño L, Rautio D, Andrén P, Hillborg M, Silverberg-Morse M, **Lahera G**, Mataix-Cols D, Fernández de la Cruz L. Prevalence and impact of insomnia in children and adolescents with body dysmorphic disorder undergoing multimodal specialist treatment. *Eur Child Adolesc Psychiatry*. 2020 Sep;29(9):1289-1299. Epub 2019 Nov 23. PMID: 31760510. (IF = 3,941, Q1 38 /155 Psychiatry; D1 Pediatrics; 8 / 128) DOI: 10.1007/s00787-019-01442-1
- Arturo Simón García, Patricia Fernández-Sotos, Miguel Ángel Vicente-Querol, **Guillermo Lahera**, Roberto Rodríguez-Jimenez, Antonio Fernández-Caballero (2020). Design of Reliable Virtual Human Facial Expressions and their Validation by Healthy People. *Integrated Computer-Aided Engineering*, vol. 27, no. 3, pp. 287-299, 2020. IF 2018: 4,904. Cuartil: Q1 (D1). Rango (Categoría): 5/88 (Engineering, Multidisciplinary); 10/106 (Computer Science, Interdisciplinary Applications); 19/134 (Computer Science, Artificial Intelligence)
- Escudero MAG, Gutiérrez-Rojas L, **Lahera G**. Second Generation Antipsychotics Monotherapy as Maintenance Treatment for Bipolar Disorder: a Systematic Review of Long-Term Studies. *Psychiatr Q*. 2020 Jul 10. doi: 10.1007/s11126-020-09753-2. Epub ahead of print. PMID: 32651765. IF 1.422 (Q3 Psychiatry; 94/141).
- Varo C, Solé B, Jiménez E, Bonnín CM, Torrent C, Valls E, **Lahera G**, Martínez-Arán A, Carvalho AF, Miskowiak KW, Vieta E, Reinares M. Identifying social cognition subgroups in euthymic patients with bipolar disorder: a cluster analytical approach. *Psychol Med*. 2020 Jun 17:1-10. doi: 10.1017/S0033291720001865. Epub ahead of print. PMID: 32546284. IF 5,813 (D1 Psychiatry; 13/141)
- Mediavilla R., Muñoz-Sanjose A., Rodríguez-Vega B., **Lahera G.**, Palao A., Bayon B., Vidal-Villegas P., Chadwick P., Bravo-Ortiz MF. People with psychosis improve

affective social cognition and self-care after a mindfulness-based social cognition training program (SocialMIND). *Psychiatric Rehabilitation Journal* (2020, accepted). IF 1,946 (Q1 Rehabilitation, 10/71; Q3 Psychiatry, 71/141).

- Hernández-Gómez A, Andrade-González N, Lahera G, Vieta E. Recommendations for the care of patients with bipolar disorder during the COVID-19 pandemic. *J Affect Disord.* 2020 Sep 28;279:117-121. doi: 10.1016/j.jad.2020.09.105. Epub ahead of print. PMID: 33045553. IF 3.892 (Q1 Clinical Neurology, 51/204).

In Madrid, October 30th 2020

A handwritten signature in blue ink, appearing to read 'Lahera Forteza', with a long horizontal stroke extending to the right.

Guillermo Lahera Forteza