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## **Self-regulation, physical activity and unexplained chronic fatigue : from determinants to interventions**

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# **Curriculum Vitae**



Marta Marques was born on November 21, 1981 in Porto, Portugal. She completed her secondary education at Escola Secundária de Cascais in 1999. In 2005, she graduated (licenciante) in Applied Psychology (specialization in Clinical Psychology) at ISPA-University Institute, Portugal. After graduating she worked as a personal counsellor and developed a curriculum of Personal Social and Health Education in the Portuguese American School, collaborated as a research assistant at the Department of Exercise and Health Psychology and became assistant in ISPA, teaching several courses at the BSc and MSc levels. She did a postgraduation course in Psychology of Sport and Physical activity at ISPA (2006) and pursued a Research Master's degree in Health Psychology in the same institution, graduating with honours in 2008. She started her PhD project in 2009 at Leiden University with a 4-years research grant from the Portuguese Science Foundation. During this period she did advanced training in Cognitive-Behavioural Therapy and Motivational Interviewing. She was recently appointed as a research associate in the Faculty of Human Kinetics, University of Lisbon, and continues to teach at ISPA.



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