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Degree in Psychology from the Faculdade de Psicologia e Ciências da Educação, Universidade de Lisboa (1994). Master's degree in social and organizational psychology from ISCTE (1997), and PhD in Social and Organizational Psychology, with a specialization in Organizational Behavior, from ISCTE (2004), with a dissertation on Safety Culture and Occupational Accident Prevention. Habilitation in the field of Human Resources and Organizational Behavior from ISCTE, with a lecture on Human Factors in Safety and Safe Work Performance. Full Professor in the Department of Human Resources and Organizational Behavior at Iscte Business School, where she teaches courses in Organizational Behavior, Work Psychology, and Occupational Health and Well-being, and supervises master's and doctoral theses in these areas. Researcher at BRU-IUL in the fields of occupational safety, health, and well-being. Her research has been published in several international books and peer-reviewed journals. National Coordinator of the "Green Paper Commission on the Future of Occupational Safety and Health," appointed by the Gabinete do Secretário de Estado do Trabalho, Ministério do Trabalho, Solidariedade e Segurança Social. Head of the Research Forum of the European Academy of Occupational Health Psychology.