

KNOW-HOW OF THE "CALIDAD DE VIDA, BIENESTAR PSICOLÓGICO Y SALUD" RESEARCH GROUP

DATOS DE CONTACTO:

Research Results Transfer Office-OTRI
University of Alicante
Tel.: +34 96 590 99 59
Email: areaempresas@ua.es
<http://innoua.ua.es>

RESUMEN

The "Calidad de vida, bienestar psicológico y salud" research group, based in the Department of Health Psychology at the University of Alicante, carries out applied research aimed at assessing and promoting quality of life, psychological well-being and health in different populations and contexts.

Its key areas of expertise include the design, adaptation and validation of assessment tools, including patient-reported outcome measures (PROMs), and the design and evaluation of interventions from a biopsychosocial and spiritual perspective.

Its work combines methodological rigour with the application of scientific knowledge in health, social care, educational and social contexts, through collaborations with national and international institutions and organisations.



INTRODUCCIÓN

The "Calidad de vida, bienestar psicológico y salud" research group has a well-established track record spanning more than two decades in the field of health sciences and comprises a multidisciplinary team with backgrounds in psychology, nursing and other health-related disciplines.

Its work focuses on the study of quality of life, psychological well-being and health from a multidimensional perspective, taking into account personal, psychological, social, clinical and contextual factors. Research is conducted across different life stages and populations, including the general population, people with chronic conditions, older people, patients, families, carers and healthcare professionals.

Among its key strengths is its expertise in the assessment and measurement of health outcomes, including the development, adaptation and validation of instruments and patient-reported outcome measures (PROMs). This capability is complemented by the design and evaluation of interventions based on a biopsychosocial and spiritual approach, tailored to the characteristics and needs of different populations and contexts.

The group combines the generation of scientific knowledge with its application in real-world contexts, collaborating with healthcare institutions, public authorities, universities and other organisations and bodies at both national and international levels.

DESCRIPCIÓN TÉCNICA

AREAS OF RESEARCH:

The group's work centres on seven major, interrelated areas of research:

1. Quality of life, psychological well-being and health of different stakeholder groups in various life contexts: Analysis of the personal, social, clinical and contextual factors associated with these outcomes in different populations and life stages. This area has been applied, amongst other fields, to the study of people with chronic conditions, older people, healthcare professionals, students, families and carers.

2. Adaptation and development of specific assessment tools: Design, cross-cultural adaptation and validation of instruments for assessing health, quality of life and well-being, including patient-reported outcome measures (PROMs) and the analysis of their psychometric properties. Among its applications are instruments for assessing quality of life, satisfaction, stress, limitations in activity and participation, and health-related attitudes and experiences across different populations and contexts. This capability is particularly well supported by the group's track record in the adaptation and validation of scales.

3. Development and evaluation of biopsychosocial and spiritual intervention programmes: Design, implementation and evaluation of interventions aimed at promoting health and wellbeing, tailored to the needs of the target populations and contexts of application. Examples of initiatives undertaken include mindfulness-based interventions with healthcare professionals and the use of virtual reality in addressing body image, amongst others.

4. Dissemination of research findings in both applied and scientific contexts: Transfer and communication of results through scientific publications, training activities, and outreach and knowledge transfer initiatives aimed at professionals, institutions and society. This activity takes place in academic, healthcare, educational and social settings.

5. Assessment and intervention in spirituality and meaning in life: Assessment of spirituality, spiritual health and meaning in life as relevant dimensions and health outcomes, as well as analysis of their relationship with quality of life, well-being and other health outcomes. This line of research includes the development, adaptation and validation of measurement instruments, and the design and evaluation of interventions targeting these dimensions.

6. Research into psychological stress and health: Analysis of the factors associated with psychological stress and their relationship with health and well-being, as well as resources and strategies for its prevention and management. This line of research has been carried out across different populations and situations characterised by vulnerability or high demands, including clinical, professional and educational contexts.

7. Functioning and disability: Study of functioning, activity limitations and participation restrictions, and their relationship with autonomy, health and quality of life. Among its applications is the assessment of functional limitations and participation restrictions using specific instruments, particularly in the adult population and amongst older people. The group's output includes specific studies on indicators of activity limitations and participation restrictions.

SERVICES OFFERED:

The research group offers public and private organisations a wide range of specialised services:

- Design, adaptation and validation of assessment tools and patient-reported outcome measures (PROMs).
- Design and evaluation of intervention programmes based on a biopsychosocial-spiritual approach.
- Technical consultancy and the preparation of reports on quality of life, psychological well-being and health outcomes.
- Specialised training in health research methodology, patient-centred outcomes assessment and clinical communication skills.
- Data analysis and statistical support for health studies.

VENTAJAS Y ASPECTOS INNOVADORES

ADVANTAGES

Collaborating with the research group offers the following advantages:

1. A well-established scientific track record spanning more than 20 years, underpinned by a substantial body of scientific work and experience in research training.
2. A multidisciplinary team comprising psychologists, nurses and specialists in research methodologies.
3. Proven ability to design and validate measurement tools tailored to specific contexts and populations.
4. Extensive network of collaborations with hospitals, universities and national and international research centres.
5. High-impact research output, with over 600 publications in specialist journals, 64 supervised doctoral theses and an extensive network of national and international collaborations.
6. Experience in the design and evaluation of intervention programmes that generate tangible and measurable benefits for people's health and wellbeing.
7. Direct access to the resources and infrastructure of the University of Alicante.

INNOVATIVE ASPECTS

The group's innovative nature is based on **applying research into quality of life, psychological wellbeing and health to the specific**

needs of organisations and services, combining rigorous evaluation, adaptation to different populations and contexts, and the design of interventions from a biopsychosocial and spiritual perspective.

This capability enables the group to address, amongst other applications, the development, cross-cultural adaptation and validation of patient-reported outcome measures (PROMs) for clinical trials and projects undertaken by companies in the healthcare and pharmaceutical sectors, the assessment of quality of life, experience and satisfaction of patients and service users in hospitals and healthcare services, and the design and evaluation of prevention and wellbeing promotion programmes aimed at professionals, particularly in healthcare settings.

The group also incorporates applied methodologies and technologies, such as simulation, virtual reality and ecological monitoring, where these are appropriate for assessment, intervention or training.

ESTADO ACTUAL

The group maintains a well-established programme of research and knowledge transfer, participating in competitive projects at regional, national and European level and collaborating with national and international teams and institutions.

It is currently carrying out projects relating to ecological monitoring and the assessment of frailty in older people, reproductive health and outcomes in assisted reproduction, the psychological impact of bariatric surgery, and biomedical communication and women's health, alongside other lines of research linked to quality of life, psychological well-being, the evaluation of health outcomes, and the development and validation of instruments.

This work is complemented by participation in projects and studies on spiritual health and meaning in life, the wellbeing and health of students and professionals, and clinical communication and simulation, whilst maintaining a steady output of scientific publications and research training activities.

In terms of publications, the group maintains a high and consistent rate of scientific output. By 2026, it had already produced ten new publications in high-impact international journals, including papers in the *Journal of Clinical Epidemiology*, *Nutrients*, *PLOS ONE* and *Archives of Public Health*. In the field of education, doctoral theses relating to spiritual competencies in nursing were defended in 2026. Having supervised 64 doctoral theses and with a collaborative network spanning institutions in more than 15 countries, the group is characterised by its scientific rigour and international reach.

APLICACIONES DE LA OFERTA

The research group's expertise and services are particularly useful for a wide range of public and private organisations, including:

- **Hospitals, health centres and healthcare organisations:** assessment of outcomes and patient experience (PROMs and PREMs), quality of life, satisfaction and well-being, evaluation of programmes, interventions and quality of care.
- **Public administrations and health bodies:** assessment of needs, quality of life, well-being and health outcomes, development of indicators, and evaluation of health promotion programmes and strategies.
- **Social and healthcare sector, ageing and long-term care:** assessment of functioning, independence, participation, frailty, quality of life and well-being and, design and evaluation of interventions aimed at older people and those requiring support.
- **Pharmaceutical and biotechnology industries and health sector companies:** development, cross-cultural adaptation and validation of PROMs and other Clinical Outcome Assessments (COAs), selection of measures and evaluation of patient-centred outcomes for research and clinical trials.
- **Patient organisations and third-sector organisations:** assessment of needs and outcomes relevant to individuals, adaptation of instruments, and evaluation of the impact of programmes and interventions.
- **Universities, educational institutions and training organisations:** assessment of the wellbeing and health of students and professionals, design and evaluation of interventions, and application of methodologies such as simulation for the development and assessment of skills.
- **Assisted reproduction and reproductive health:** assessment of patient-centred outcomes, quality of life, psychological wellbeing and care experience, using specific instruments and measures, as well as the study of psychosocial factors and the evaluation of interventions throughout the reproductive process.
- **Occupational health organisations and services:** assessment of professional wellbeing, stress and psychosocial factors, as well as the design and evaluation of programmes for the prevention of ill health and the promotion of healthy working environments.

COLABORACIÓN BUSCADA

The research group is looking for public entities, private companies or research organisations to:

- Set up R&D&I projects with the aim of opening up new lines of research.
- Produce technical or advisory reports.
- Provide specific training or technical support in those areas requiring a high level of expertise.

DERECHOS DE PROPIEDAD INTELECTUAL

The research areas and services are protected by the group's know-how.

SECTORES DE APLICACIÓN (3)

Education
Social Studies
Medicine and Health