



Dr. Eva Bei

Date of birth: 02/09/1993

Contact details:

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PROFFESIONAL EXPERIENCE

01/11/2023 **Postdoctoral Researcher at the University of Bologna**



Department of Political and Social Sciences

Strada Maggiore, 45 - 40125 Bologna, Italy

Address: Bologna, Italy

<https://dsps.unibo.it/en/index.html>

Currently involved as a Postdoctoral Researcher in the Spoke of "Care Sustainability in Ageing Societies", within the Age-it project (*Ageing well in an ageing society*; ageit.it).

Primary research interests focus on informal care provision; long-term care policies and ageing; and psychosocial caregiver outcomes including caregiver burden and well-being.

01/07/2022 – 30/06/2023 – **Research Fellow at the University of Florence**



UNIVERSITÀ
DEGLI STUDI
FIRENZE

Department of Education, Languages, Intercultures, Literatures and Psychology (FORLILPSI), Florence, Italy

Address: Florence, Italy

<https://www.forlilpsi.unifi.it/>

Primary interests and tasks involved leading a mixed-methods project on the prevalence

and predictors of misconceptions and neuromyths about Neurodevelopmental Disorders, among educators in Italy; Engaging in a quantitative project exploring the role of Executive Functions in school behavior and learning outcomes for children in primary grade; Participating in the preparation of grant proposals focused on addressing disparities in reading and writing acquisition through personalized education, utilizing novel digital tools.

01/11/2017 – 30/06/2018 – **Honorary Assistant Clinical Psychologist at Royal London Hospital**



EAST LONDON NHS FOUNDATION TRUST (ELFT), RAID Mental Health Liaison Service, London, United Kingdom

- **Clinical Work:**
 1. Provided psychological support to service users with chronic diseases, mental health problems and psychiatric comorbidities.
 2. Provided support for their informal caregivers.
 3. Collaborated in the clinical and mental health assessment of patients and the development of individualized treatment plans.

- **Research Contributions:**
 1. Collaborated with a multidisciplinary team encompassing Clinical Psychologists, Psychiatrists, and Medical Doctors to formulate research presentations, specifically focusing on ELFT's community mental health initiatives.
 2. Undertook extensive literature reviews to foster informed discussions within the multidisciplinary team, regarding mental health and care support initiatives prevalent in the East London area.

01/10/2016 – 30/10/2017 - **Assistant Psychologist for Special Educational Needs (SEN)**

Veracity Education, London, United Kingdom

Clinical Work:

1. Offered individualized support to pupils with diverse Neurodevelopmental Disorders including Autism Spectrum Disorders, Intellectual Disabilities, ADHD, and Dyslexia, in both mainstream and SEN school settings, facilitating a tailored approach to learning activities.
2. Led initiatives such as monthly assemblies to foster a robust support community for the caregivers of children with NDDs. This involved enhancing understanding and awareness through the dissemination of educational materials and parenting resources, all aimed at nurturing a knowledgeable care community.

3. Implemented behavioral strategies to nurture self-esteem and personal development in students, encouraging them to take ownership of their learning journeys through tailored learning practices.

01/07/2015 – 30/07/2015 - **Assistant Clinical Psychologist at EPAPSY**



EPAPSY, Scientific Association for Regional Development and Mental Health, Athens, Greece

Clinical Work:

1. Offered specialized psychological care and support to individuals with intellectual disabilities and psychiatric disorders, playing a key role in the multidisciplinary team dedicated to fostering healthy mental environments.
2. Engaged proactively in managing challenging behaviors through the development and implementation of tailored behavioral plans.
3. Upheld and implemented high professional standards of practice by actively participating in training programs of clinical psychology, and by cooperating closely with other rehabilitation centers and external agencies, in the spirit of knowledge sharing and collaboration.

EDUCATION

01/07/2019 – 30/06/2022 - **PhD in Clinical Health Psychology (2023) and Marie-Curie**



ITN Fellow at Bar-Ilan University

Faculty of Social Sciences, Department of Psychology, Ramat Gan, Israel; *The EU Training Network on Informal Care (ENTWINE ITN network; Horizon 2020)**



Address: Tel Aviv District; Ramat Gan (Israel)

<https://psychology.biu.ac.il/en>

<https://entwine-itn.eu>

PhD Thesis Title: The “Landscapes” of Care: Exploring Personality Dispositions and Environmental Factors in the Context of Informal Care.

Primary Supervisor: Prof. Noa Vilchinsky, Professor in Psychology; Faculty of Social Sciences, Department of Psychology, Ramat Gan, Israel

Co-supervisor: Prof. Val Morrison, Professor in Health Psychology; School of Human and Behavioural Sciences, North Wales, Bangor, United Kingdom

Note.*Thesis Defense: The PhD Thesis was successfully defended and approved on **29/5/2023**.

01/10/2021 – 01/12/2021 - **Visitor Scholar at Bangor University**



School of Human and Behavioural Sciences, North Wales, Bangor, United Kingdom

Address: North Wales, Bangor (United Kingdom)

<https://www.bangor.ac.uk/human-behavioural-sciences>

01/02/2021 – 01/04/2021 - **Visitor Scholar at University Medical Center Groningen (UMCG)**



Faculty of Medical Sciences; Health Psychology Department

Address: Groningen (Netherlands)

<https://umcgresearch.org/w/health-psychology>

01/09/2016 – 01/09/2018 - **Master of Science (MSc), Clinical Mental Health Sciences at University College London**



Division of Psychiatry, Faculty of Brain Sciences, London (United Kingdom); Grade: **73/100 (Excellent; Distinction)**

Address: London (United Kingdom)

<https://www.ucl.ac.uk/psychiatry/>

01/09/2011–01/12/2015 - **First Class Bachelor of Science (BSc) Degree in Psychology at the University of Crete (UOC), Crete (Greece)**



School of Social Sciences, Rethymnon, Crete; Grade: **8.59/10 (Excellent; Distinction)**

Address: Rethymnon, Crete (Greece)

<https://www.psychology.uoc.gr/en/home/>

FUNDING

01/07/2019 – 30/06/2022 – In 2019 I competed and won an MSCA PhD position at Bar-Ilan University, Israel under Horizon 2020. From 01/07/2019 to 30/06/2022 I received funding from the prestigious European Training Network on informal Care, (ENTWINE). ENTWINE was a 4-year Marie Skłodowska-Curie Innovation Training Network (ITN), funded by the European Union and started as of September 2018. The Network trained 15 Early Stage Researchers (ESRs) for high quality PhD training on informal care research. ENTWINE received funding from the European Union's Horizon 2020 research and innovation programme under the Marie Skłodowska-Curie grant agreement No **814072**.



Address: <https://entwine-itn.eu>

HONOURS AND AWARDS

1. 01/05/2023 - Publication award from Department of Psychology for innovative systematic review paper on informal care provision- Bar-Ilan University, Ramat Gan, Israel.
2. 01/09/2022 - Publication award from Department of Psychology for cross-sectional paper on informal care and personality dispositions - Bar-Ilan University, Ramat Gan, Israel.
3. 1/06/2020 - Publication award from Department of Psychology for innovative position paper on informal care provision - Bar-Ilan University, Ramat Gan, Israel.
4. 01/09/2018 - Award from Division of Psychiatry for excellent Mental Health Researchers – University College London (UCL), London, United Kingdom.

LANGUAGE PROFICIENCY

- **Modern Greek:** Native proficiency
- **English:** Full professional proficiency (C2)
- **Italian:** Intermediate proficiency (B1)

1. Elayan, S., **Bei**, E., Ferraris, G., Fisher, O., Zarzycki, M., Angelini, V., ... & Morrison, V. (2024). Cohort profile: The ENTWINE iCohort study, a multinational longitudinal web-based study of informal care. *Plos one*, *19*(1), e0294106. <https://doi.org/10.1371/journal.pone.0294106>
2. Albertini, M., & **Bei**, E. (2023). The potential for AI to the monitoring and support for caregivers: an urgent tech-social challenge.
3. **Bei**, E., Argiropoulos, D., Van Herwegen, J., Incognito, O., Menichetti, L., Tarchi, C., & Pecini, C. (2023). Neuromyths: Misconceptions about neurodevelopment by Italian teachers. *Trends in Neuroscience and Education*, 100219. <https://doi.org/10.1016/j.tine.2023.100219>
4. **Bei**, E., Morrison, V., Zarzycki, M., & Vilchinsky, N. (2023). Barriers, facilitators and motives to provide distance care, and the consequences for distance caregivers: A mixed-method systematic review. *Social Science & Medicine*. Doi: <https://doi.org/10.1016/j.socscimed.2023.115782>
5. **Bei**, Eva, Karin Mashevich, Orit Rotem-Mindali, Shira Galin-Soibelman, Ofra Kalter-Leibovici, Tami Schifter, and Noa Vilchinsky. (2022). 'Extremely Distant and Incredibly Close: Physical Proximity, Emotional Attachment and Caregiver Burden'. *International Journal of Environmental Research and Public Health* *19*(14). doi: [10.3390/ijerph19148722](https://doi.org/10.3390/ijerph19148722)
6. **Bei**, E., Zarzycki, M., Morrison, V., & Vilchinsky, N. (2021). Motivations and willingness to provide care from a geographical distance, and the impact of distance care on caregivers' mental and physical health: A mixed-method systematic review protocol. *BMJ Open*, *11*(7), 1–7. <https://doi.org/10.1136/bmjopen-2020-045660>
7. **Bei**, E., Rotem-Mindali, O., & Vilchinsky, N. (2020). Providing Care From Afar: A Growing Yet Understudied Phenomenon in the Caregiving Field. *Frontiers in Psychology*, *11*. doi: [10.3389/fpsyg.2020.00681](https://doi.org/10.3389/fpsyg.2020.00681)
8. **Bei**, E., Vilchinsky, N., Morrison, V., & Zarzycki, M. (2020). Motivations and willingness to provide care from a geographic distance, and the impact of distance care on caregivers' mental and physical health: A mixed-method systematic review protocol. *PROSPERO*, CRD42020156350
Available from: https://www.crd.york.ac.uk/prospero/display_record.php?ID=CRD42020156350
9. Ferraris, G., **Bei**, E., Coumoundouros, C., Woodford, J., Saita, E., Sanderman, R., & Hagedoorn, M. (2023). The interpersonal process model of intimacy, burden and communal motivation to care in a multinational group of informal caregivers. *Journal of Social and Personal Relationships*, <https://doi.org/10.1177/02654075231174415>.
10. Zarzycki, M., Morrison, V., **Bei**, E., & Seddon, D. (2022). Cultural and societal motivations for being informal caregivers: A qualitative systematic review and meta-synthesis. *Health Psychology Review*, *0*(0), 1–30. <https://doi.org/10.1080/17437199.2022.2032259>
11. Zarzycki, M., Seddon, D., **Bei**, E., & Morrison, V. (2022). Why do they care? A qualitative systematic review and meta-synthesis of personal and relational motivations for providing informal care. *Health Psychology Review*, 1–33. <https://doi.org/10.1080/17437199.2022.2058581>
12. Zarzycki M, Seddon D, **Bei** E, Dekel R, Morrison V. How Culture Shapes Informal Caregiver Motivations: A Meta-Ethnographic Review. *Qual Health Res*. 2022 Aug;*32*(10):1574-1589. doi: [10.1177/10497323221110356](https://doi.org/10.1177/10497323221110356). Epub 2022 Jun 23. PMID: 35737473; PMCID: PMC9411702.

13. Morrison, V., Zarzycki, M., Vilchinsky, N., Sanderman, R., Lamura, G., Fisher, O., Ferraris, G., Elayan, S., Buskens, E., **Bei, E.**, Looijmans, A., Angelini, V., & Hagedoorn, M. (2022). A Multinational Longitudinal Study Incorporating Intensive Methods to Examine Caregiver Experiences in the Context of Chronic Health Conditions: Protocol of the ENTWINE-iCohort. *International Journal of Environmental Research and Public Health*, 19(2), 1–17. [10.3390/ijerph19020821](https://doi.org/10.3390/ijerph19020821)