

## CURRICULUM VITAE

<b>Part A. PERSONAL DATA</b>			<b>CVA Date</b>	30/1/2024
Name	Josefa			
Family Name	Ros Velasco			
Gender (*)	F	Birth Date	12/10/1987	
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Open Researcher and Contributor ID (ORCID) (*)	0000-0003-2763-1366			

### A.1. Current professional situation

Position	Postdoctoral Researcher Marie Sklodowska-Curie Actions (Horizon 2020)		
Starting Date	15/11/2021		
Organism/Institution	Complutense University of Madrid		
Department/Center	Philosophy and Society, Faculty of Philosophy		
Country	Spain	Phone	658659684
Keywords	Philosophy of Care, Medical Humanities, Boredom, Aging, Dependency		

### A.2. Previous professional situation

Dates	Position/Institution/Country
8/9/21-14/11/21	Postdoctoral Assistant Researcher (PAI), Complutense University of Madrid, Spain.
1/9/17-31/8/21	Postdoctoral Researcher, Harvard University, USA.
1/8/18-31/7/19	Assistant Professor, Harvard University, USA.
17/4/13-17/4/17	FPU-MECD Predoctoral Researcher, UCM, Spain.

### A.3. Education

Degree/Master/PhD	University/Country	Year
European PhD in Philosophy	Complutense University of Madrid, Spain	2017
Masters in Teachers's Training	University of Murcia, Spain	2012
Masters in Contemporary Philosophy	University of Murcia, Spain	2011
Degree in Advertisement	University of Murcia, Spain	2011
Degree in Philosophy	University of Murcia, Spain	2010

## Part B. CV SUMMARY

Josefa Ros, PhD with **European Mention** in Philosophy (Complutense University of Madrid, 2017, **FPU12/01877-MECD**, €64,820, **PhD Extraordinary Prize**), **Spanish National Research Prize 2022**, is the leading expert in Boredom Studies in Spain and one of the most internationally recognized for her pioneering research in this field of knowledge. For more than a decade, she has analyzed the experience of dysfunctional boredom from a multidisciplinary point of view, in which philosophical, psychological, and sociological theoretical-practical perspectives converge, with emphasis on older adults living institutionalized, applying the Philosophy of Care principles. She has been the first person in Spain to open this research line and to place at the center of scientific and social dialogue the hypothesis that dysfunctional boredom is a risk factor that endangers the physical and mental well-being of older adults. Currently, at Complutense, she is **PI** of the **“PRE-BORED”** project (2021-2024, 36 months), funded with €173,168 by the **EU H2020 program** with an **MSCA contract**, to research the causes and consequences of the experience of boredom in nursing homes. Previously (2017-2021, 48 months), she had a **Harvard University Postdoctoral Fellowships for Distinguished Junior Scholars contract** (€105,579.52) to lead as **PI** the **“Psychopathology of Boredom”** project, from which she created her own theoretical framework to distinguish functional and dysfunctional boredom. At **Harvard**, she worked as an **Assistant Professor** (1,448 hrs.). She was also **postdoc Assistant Researcher** (PAII25/21-9/2021-22, €5,341.87) for 3 months at the UCM for the project “Philosophy for the development of Person-Centered Care models (FILACP)” and enjoyed **3 research stays for 9 months** at the **Stuttgart Universität** and the **DLA Marbach**, financed by the **DAAD**, the **DLA Marbach** and the **MECD** (€7,500). The results of her research have been published in **196 works**, including scientific articles, chapters, books, reports, and informative articles (see quality indicators). Her most notable work is *The Disease of Boredom* (Alianza, 2022), which has received 22 citations, 20 reviews and 4 nominations. Her conclusions have been presented at **162 conferences** and communicated to society through the media in **372 interviews**. During this time, Dr. Ros has led **collaborations in Europe, the United States and Latin America**, which have culminated in the **organization of 16 international conferences** and the



**publication of 15 collective books** with publishers in **Q1**. She is also part of **international projects** such as “Futbol Viral” (**Harvard University**), collaborated with the “Transparency and Technology for Better Health” project (**Harvard Kennedy School**), has established ties with the **JRC ISPRA** of the **European Commission** and has helped open the Spanish branch of the American organization **The Eden Alternative**. In 2021, she created the **first association in the world** for the study of boredom, the **International Society of Boredom Studies** (FICUM Award 2023), which she presides, and the *Journal of Boredom Studies*. On the national scene, Ros has established several **collaboration agreements** with entities in the **private sector**, such as the Santalucía Institute, ALBOR Consulting or Inforesidencias, and the **public sector**, such as the Alicia y Guillermo Foundation, the Colisée Foundation, the Intent HQ Chair of IESE or the D. G. of Care for the Elderly and Dependency of Madrid Government. She also offers **training and consulting services** for nursing homes and foundations such as Intress, APROCOR or ASISPA. In addition, she has collaborated in **21 research projects** funded by the **MICINN**, the **FECYT** or the **BBVA**, in which €760,256.37 in funding have been obtained. Ros has been **teaching at the UCM since 2014** (accredited as a **Contracted Doctor** in 2017; **7 Excellent evaluations**), where she supervises **2 PhD students** and **3 Erasmus+ stays**, works for the Student Observatory and is **PI** of two **projects of innovation** with +50 people in charge. She works as a **project evaluator** for organizations such as MICINN, CONICYT, DAAD, La Caixa Social Observatory, MIAS and The Leverhulme Trust, in addition to being part of **12 scientific and editorial journal committees** and having participated in **15 thesis panels**. Ros’ work was **distinguished**, in addition to the **Spanish National Research Prize** (MICINN, 2022), with other awards such as the Alumni Research-UCM Prize (2021), the DomusVi National Media Prize (2021), the Julián Marías Prize (Madrid Government, 2020) or the Harvard Lincoln Book Prize (2019). In the next step of her career, Ros will address dysfunctional boredom in nursing homes in conjunction with other problems such as loneliness and the feeling of helplessness to propose holistic activities capable of eradicating these three plagues from the lives of dependent older adults and to intervene in public policies on well-being, developing a new ethical paradigm based on Person-Directed Care.

**Quality indicators:** citations: 279, h-index: 9, i10-index: 9. Publications: 196,  $\frac{3}{4}$  sole author,  $\frac{1}{2}$  Q1-Q2 (61 papers [Q1: 5, Q2: 9, Q3: 8, Q4: 15]; 46 chaps. [Q1: 17, Q2: 3, Q3: 3, Q4: 12]; 19 books [Q1: 11, Q2: 2, Q3: 1, Q4: 22 reviews of my books, 4 nominations]; 4 memories; 8 reports; 58 inf. arts.). Conferences: 162 (22 by acceptance, 124 by invitation; 16 intern. organizer). Interviews (TV, radio, press): 372. I+D+i Projects (25): PI: 4 (€279,763.52); researcher: 21 (€760,256.37). I+D+i contracts: 8 (€357,425.39). Research stays: 4 (33 months). 7 years of postdoc experience. 10 years of teaching exp. (2,250 hrs., 7 excellent eval., 2 PhD superv.; 3 Erasmus+ PhD students superv.). Awards: 12 (8 invest.; 4 teaching). Patents/Trademark registrations: 3.

## **Part C. MOST RELEVANT SCIENTIFIC CONTRIBUTIONS**

### **C.1. Most important publications in books and journals (selection of 10 from 2019)**

1. **Art.:** Ros, J. (2023). Contemporary myths on boredom. *Frontiers in Sociology*, 8 (7-27) (Q1; 3.714 readings; 220 downloads on the Frontiers website; Top-25% Altmetric).
2. **Book** (Ed./Author): Ros, J. (2023). *The contemporary writer and their suicide*. Springer Nature, 9783031289811 (SPI Ranking 4; 4.010 downloads on the Springer Link website).
3. **Journal issue** (Ed./Author): Ros, J./Rocco, V. (without signature order) (2023). Actualidad del aburrimiento. *Revista de Occidente*, 503 (Q3; journal founded by José Ortega y Gasset in 1923).
4. **Book** (Author): Ros, J. (2022). *La enfermedad del aburrimiento*. Alianza, 9788413628011 (SPI Ranking 2; 22 quotes; 20 reviews; 4 nominations; 7 book signing; 2.389 copies sold in 8 months; 5 months in the Top-100 of Amazon Philosophy; English translation contract signed with Princeton University Press).
5. **Book** (Ed./Author): Ros, J. (2021). *Suicide in modern literature*. Springer, 9783030693923 (SPI Ranking 4; 5.395 downloads on the Springer Link website; 4 quotes; 1 review).
6. **Chap.:** Ros, J./Elpidorou, A. (without signature order) (2021). Philosophy of Boredom. *Oxford Bibliographies in Philosophy*. Oxford University Press, 9780195396577 (SPI Ranking 1).
7. **Art.:** Ros, J. (2021). Me aburro luego existo. *Bajo Palabra*, 26, 103-133 (Q2; 2 quotes).
8. **Art.:** Ros, J./Gutiérrez, S. (first author) (2022). The expression of boredom and loneliness on Twitch. *Icono14*, 20(2) (Q2; 3 quotes).
9. **Art.** Ros, J./Moya, I. (first author) (2021). El aburrimiento como emoción reactiva y revolucionaria: El caso de Chile. *Isegoría*, 65, e11 (1-14) (ISSN: 1130-2097) (Q2; 5 quotes).



10. **Book** (Ed./Author): Ros, J. (2019). *Boredom is in your mind*. Springer, 9783030263959 (SPI Ranking 4; +10.000 downloads on the Springer Link website; 48 quotes; 1 review).

### C.2. Congresses/Conferences (selection of 10 from 2018)

1. **Guest of honor plenary conf.:** (2023, 3 hours). The plague of boredom in older adults living institutionalized. *Södertörn University Advanced Seminars*. Södertörn University (Sweden).
2. **Guest plenary conf.:** (2023, 1,5 hours). Historia, filosofía y tipología del aburrimiento. *III Festival Internacional de Filosofía*. Universidad de Caldas (Colombia).
3. **Guest conf.:** (2023, 1 hour). Mujeres, simios y ciborgs. *XVI Edición de las Conversaciones Literarias de Formentor*. Estación de Canfranc (Pirineo Aragonés, Spain).
4. **Guest plenary conf.:** (2023, 2,5 hours). Aburrimiento patológico: una aproximación desde las humanidades. *Aula de verano "Blas Cabrera"*. UIMP (Santander, Spain).
5. **Guest of honor plenary conf.:** (2023, 1 hour). Atrévete a aburrirte. *Conferencia de clausura del curso académico de la UAM 2023*. Universidad Autónoma de Madrid (Rector invitation).
6. **Coorganizer:** Ros, J./Finkielstein, M. (without signature order) (2023, 3 days). *5th International Interdisciplinary Boredom Conference*, International Society of Boredom Studies.
7. **Sole organizer:** (2019, 2 days). *Depression as creative and destructive force*, Harvard University, Cambridge, Massachusetts, EE.UU.
8. **Sole organizer:** (2019, 3 days). *The faces of depression in literature*, Georgetown University, Washington DC, EE.UU.
9. **Sole organizer:** (2018, 3 days). *Boredom and literature*, UCLA, Los Angeles, CA, EE.UU.
10. **Guest Expert:** (2018, 3 hours). Boredom. *The Helix Center Roundtable*. New York Psychoanalytic Society & Institute, Manhattan, NY, EE.UU.

### C.3. Projects/lines of research (selection from 2019)

1. **PI: PRE-BORED. Marie Skłodowska-Curie Actions** grant agreement No 847635. European Union's Horizon 2020 Research and Innovation Programme (173.168€). UCM. 15/11/21 – 14/11/24.
2. **PI: Psychopathology of Boredom. Postdoctoral Fellowships for Distinguished Junior Scholars. Harvard University** (105.579,52€). 1/9/17 – 31/8/21.
3. **PI (x2): Plataformas educativas adaptadas a la enseñanza universitaria I y II (Innova Docencia UCM N° 82 y N° 70). Proyectos Innova-Docencia UCM** (1.016€). UCM. 1/9/22-30/5/23 – 1/9/23-30/5/24.
4. **Researcher: Filosofía para el desarrollo de los modelos de Atención Centrada en la Persona (FILACP) (PAI25/21-9/2021-22).** Madrid Government (5.341,87€). UCM. 8/9/21 – 14/11/21.
5. **Researcher: Retos de la atención primaria en salud durante la pandemia de COVID-19 (PID2021-122523OB-I00).** MICINN (101.640,00€). U. Rovira i Virgili. 1/9/22 – 31/8/25. PI: Francisco Ortega.
6. **Researcher: Institución y Constitución de la Individualidad (PID2020-117413GA-I00).** MICINN (14.036€). UCM. 1/9/21 – 31/8/24. PI: Alfonso Muñoz.
7. **Researcher: Por una historia conceptual de la contemporaneidad (PID2020-113413RB-C31).** MICINN (46.827€). UCM. 1/9/21 – 31/8/24. PI: José Luis Villacañas; Rodrigo Castro.
8. **Researcher (x2): Nanociencia entretenida I y II (FCT-20-16224 y FCT-22-18542).** FECYT (18.500€). IMDEA Nanociencia. 1/7/21-20/6/22 – 1/6/23-30/6/24. PI: Rodolfo Miranda.
9. **Researcher: Nuevas redes de solidaridad en la COVID-19. FBBVA** (75.000€). CSIC. 30/9/20 – 30/9/23. PI: Javier Moscoso Sarabia.
10. **Researcher: Improvisation and Emotional Contagion (PID2019-108988GB-I00).** MICINN (23.776,50€). CSIC. 1/6/20 – 1/6/23. PI: Javier Moscoso Sarabia.
11. **Researcher (x3): Biblioteca Saavedra Fajardo de Pensamiento Político Hispánico III, IV, V (FFI2016-75978-R – FFI2012-32611 – HUM2007-60799).** MINECO (294.530€). UCM. 30/12/16-29/12/20 – 1/10/12-31/12/15 – 1/10/2007-30/9/2012. PI: José Luis Villacañas.
12. **Researcher: Historia y Filosofía de la experiencia (FFI2016-78285-R).** MINECO (35.090€). CSIC. 30/12/16-29/12/19. PI: Javier Moscoso Sarabia.

### C.4. Knowledge transfer activities and exploitation of results

a. I+D+i contracts:

1. Contract **Postdoctoral Researcher – Principal Investigator:** European Union's Horizon 2020 (Marie Skłodowska-Curie Actions No 847635). 173.168€. UCM. 15/11/21-15/11/24.
2. Contract **Postdoctoral Researcher – Postdoctoral Assistant Researcher:** PAI25/21-9/2021-22. 5.341,87€. UCM. 8/9/21-14/11/21.
3. Contract **Postdoctoral Researcher – Principal Investigator:** Harvard Postdoctoral Fellowships for



Distinguished Junior Scholars. 105.579,52€. Harvard University. 1/9/17-31/8/21.

4. Contract **Predoctoral Researcher: FPU12/01877**. MECD. 64.820€. UCM. 17/4/13-17/4/17.

5. Contract **Visiting Researcher**: Forschungsstipendien – Kurzstipendien DAAD. 3.000€. Internationales Zentrum für Kultur- und Technikforschung at Stuttgart Universität. 1/6/13-31/10/13.

6. Contract **Visiting Researcher**: DLA Einmonatige Stipendien. 1.000€. IZKT at Stuttgart Universität. 1/3/14-30/3/14.

7. Contract **Visiting Researcher**: FPU-MECD Estancias Breves 2012. 3.500€. DLA Marbach. 1/9/14/30/11/14.

**b. Contracts to train professionals in the social and health sector (courses created by Ros):**

2023. Fundación INTRESS (5 hours). 1.000€.

2023. Casa Misericordia, Pamplona (2 hours). 200€.

2023. Residencia San Camilo, Madrid (2 hours). 100€.

2023. Residencia Soto Fresnos, Madrid (2 hours). (Nonprofit).

2022. Fundación APROCOR (10 hours). 1.000€.

2022-active. La Alternativa Edén España (75 hours). 4.728,96€ up to 2023.

**c. Collaboration agreements for consulting/transfer with the social/health/scientific sector:**

2022-active. Foro de Expertos del Instituto Santalucía. (8.000€ up to 2023).

2022- active. Fundación Alicia y Guillermo (Nonprofit).

2022- active. Fundación Colisée (Nonprofit).

2022- active. Cátedra Intent HQ de IESE (Nonprofit).

2023- active. D. G. de Atención al Mayor y a la Dependencia, Madrid Government (Nonprofit).

2023- active. JRC ISPRA European Commission (Nonprofit).

**d. Transfer activities to society through publications (selection)**

2024. **Report**: Ros, J. *La soledad no deseada en adultos mayores*. Instituto Santalucía. (600€).

2024. **Report**: Ros, J., et al. (without signature order). *53 indicadores de calidad y atención centrada en la persona en atención a domicilio para personas mayores*. ALBOR Consultores.

2022-2023. **Reports** (x5): Ros, J./de la Dehesa, G./Conde-Ruiz, I./Doménech, R./de la Fuente, Á/Hercé, J. A./Varcárcel, M. (without signature order). *Varios*. Instituto Santalucía.

2023. **Report**: Ros, J., et al. (without signature order). *66 indicadores de calidad y atención centrada en la persona en centros residenciales para personas mayores*. ALBOR Consultores.

2022. **Art.**: Ros, J. *El aburrimiento al final de la vida*. Mutualidad Abogacía.

2022. **Art.**: Ros, J. *El aburrimiento en el mayor institucionalizado*. Boletín nº 4 de la Consejería de Familia, Juventud y Asuntos Sociales, Madrid Government.

2022-2023. **Arts**. in magazines and newspapers (x24): e.g., *Claves de Razón Práctica, JotDown, Revista de Libros, The Philosophers Magazine, Fil&Co, Etopia, The Conversation, ABC, El Cultural*, etc.

2021-2022. **Arts**. in specialized media (x3): Ros, J., *Dependencia.info*. Inforesidencias.

2019-2022. **Arts**. in spec. media (x 34): Ros, J., *Envejecer en sociedad*. CENIE. (2.720€, 5 reviews).

**e. Transfer activities to society through conferences, videos, media, workshops (select.):**

2022-2023. **Videos** (x8) for Observatorio Social La Caixa, I. Santalucía, El País, Renault, etc.

2022-2023. Head of **philosophy section** in “La noche con Rosa Rosado”, “Fin de semana COPE” y “Las mañanas de verano RNE”. 372 **interviews** in the media (TVE, La Sexta, Telemadrid, CNN, etc.).

2022-2023. +50 **informative talks in cultural spaces** such as Casa de la Ciencia de Ciudad Real, Fundación Cajamurcia, Centro Cultural Tabacalera, Museo de la Evolución Humana, Real Academia de Historia y Arte, Biblioteca Regional de Murcia, Centro de Cultura Contemporánea Condeduque, CaixaForum, CBA, La Malagueta, Ateneu Barcelonès, TEDxTalk, FiraGran, Ateneo de Madrid, Espacio Fundación Telefónica, IES Malala Yousafzai, IES Beatriz Galindo, Espacio Pozas de Madrid, etc.

2021. **Workshop organizer** (2 hours): Diálogo sobre el Futuro del Envejecimiento. *España 2050*.

Invitation by the **Spanish Government, European Commission and European Parliament**.

**f. Patent/Trademarks (x3):**

International Society of Boredom Studies. International. 2021. RNA N° 621533. Ministry of Interior. Owner: Josefa Ros.

Sociedad Hispanoamericana Blumenberg. International. 2022. RNA N° 621452. Ministry of Interior. Owner: Josefa Ros.

Journal of Boredom Studies, International, 2021. ISSN 2990-2525. Biblioteca Nacional de España. Owner: Josefa Ros.