

Curriculum Vitae

Dr. M. Clara P. de Paula Couto

Current Position:

Post-Doc Research Scientist
Institute of Psychology
Department of General Psychology II
Friedrich-Schiller University Jena
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Place of birth: Rio de Janeiro, RJ

Nationality: Brazilian

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EDUCATION/ACADEMIC TRAINING

- 03/2017 **MBA in Business Analytics & Big Data**, Getúlio Vargas Foundation (FGV), São Paulo, Brazil
Thesis: *The grass is always greener on the other side: Market expansion as a growth strategy for a health product business in Brazil*
- 03/2011 **Dr. in Psychology**, Federal University of Rio Grande do Sul (UFRGS), Brazil, in cooperation with Saarland University, Germany
Dissertation: *A cross-cultural study of ageism with implicit and explicit measures of attitudes*
- 04/2007 **M.Sc. in Psychology**, Federal University of Rio Grande do Sul (UFRGS), Brazil, in cooperation with University of Lisbon, Portugal
Thesis: *Resilience in later life: Risk and protection*
- 01/2005 **Bachelor in Psychology**, Federal University of Rio Grande do Sul (UFRGS), Brazil

PROFESSIONAL POSITIONS

- Since 10/2023 **Post-Doc Research Scientist - Akademische Rätin**
Friedrich-Schiller University Jena, General Psychology II (Prof. Dr. K. Rothermund)

Working in the project "Altern als Zukunft. Zukunftsbezogenes Altershandeln in kulturvergleichender Perspektive", funded by the VolkswagenStiftung

Working in the project "IMPULS – Identification and manipulation of the physiological and psychological clocks of lifespan", funded by the Carl Zeiss Stiftung
- 02/2018 – 09/2023 **Post-Doc Research Scientist**
Friedrich-Schiller University Jena, General Psychology II (Prof. Dr. K. Rothermund)

Worked in the project “Altern als Zukunft. Zukunftsbezogenes Altershandeln in kulturvergleichender Perspektive”, funded by the VolkswagenStiftung

Worked in the project “IMPULS – Identification and manipulation of the physiological and psychological clocks of lifespan”, funded by the Carl Zeiss Stiftung

02/2017 – 02/2018

Project Manager

Ayrton Senna Institute, Laboratory for Education Sciences (eduLab21)

Worked developing and coordinating the implementation of educational solutions focusing on the development of socioemotional skills in children and adolescents attending public schools in Brazil

03/2015 – 01/2017

Post-Doc Research Scientist, intervention coordinator

University of São Paulo, Clinics Hospital, Faculty of Medicine (Dr. M. Scazufca)

Worked in the project “Cluster randomized controlled trial for late life depression in socioeconomically deprived areas of São Paulo, Brazil: A pilot study”, funded by FAPESP, São Paulo Research Foundation

11/2013 – 11/2014

Post-Doc Research Scientist

Saarland University, Cognitive Psychology Department (Prof. Dr. D. Wentura), funded by CAPES and the Alexander von Humboldt Foundation

10/2012 – 04/2013

Associate Researcher

University of California, Davis, USA, Department of Psychology, Social Cognition Lab (Prof. Dr. J. Sherman)

04/2011 – 07/2013

Post-Doc Research Scientist

Federal University of Rio Grande do Sul, Institute of Psychology, Porto Alegre, Brazil (Prof. Dr. S. Koller), funded by the National Council for Scientific and Technological Development, CNPq

RESEARCH INTERESTS

Age-Related Discrimination (Ageism), Social Perceptions of Age and Aging, Age Norms and Stereotypes and their Influence in Development in Old Age, Mental Health in Later Life, Implicit Social Cognition

AWARDS, GRANTS AND FUNDING

01/2012 – 01/2014

Research grant from the National Council for Scientific and Technological Development (CNPq), “The development of implicit racial prejudice in children from Porto Alegre and Salvador” (R\$ 14,125.62, Project nº 474252/2011-6, PI: Maria Clara P. de Paula Couto)

03/2008 – 11/2009

Research grant from the Brazilian Ministry of Health – National Program of STD/AIDS (PN DST/AIDS), "Risk and protective factors associated with HIV/AIDS on a Southern

	Brazilian sample aged 50 years and older living and not living with HIV/AIDS" (R\$ 87,895.28, Project nº TC284/07, PI: Maria Clara P. de Paula Couto)
05/2018	Poster award , 2 nd runner up ("The future's not ours to see": Age-related changes in current and future self-views among young and older adults), U.S. - Hong Kong 2018 Conference Aging across time and contexts (HKD 100)
03/2015 – 02/2016	Return Fellowship , Alexander von Humboldt Foundation (6,500 Euro)
08/2013 – 10/2014	CAPES-Humboldt Research Fellowships Program for Post-Doctoral Researchers (37,200 Euro)
07/2012	Travel Grant (accommodation and travel expenses for the Advanced Research Training Seminars, ARTS), International Union of Psychological Science - IUPsyS
07/2011	Travel Grant (Auxílio para Participação Individual em Eventos Científicos, APE), Fundação de Amparo à Pesquisa do Estado do Rio Grande do Sul (FAPERGS), 6th IAS Conference on HIV Pathogenesis, Treatment and Prevention (R\$3,360)
06/2010	Travel Grant (accommodation and travel expenses for the VIII Congresso Brasileiro de Prevenção das DST e Aids I Congresso Brasileiro de Prevenção das Hepatites Virais), Ministry of Health, Brazil (Ministério da Saúde Secretaria de Vigilância em Saúde Departamento de DST, Aids e Hepatites Virais)
06/2010	Travel Grant (accommodation and travel expenses), International Institute of Social Studies, Erasmus University, The Hague, The Netherlands.
07/2009	Travel Grant , Jacobs Foundation, XIV European Conference on Developmental Psychology (500 Euro)
07/2008	ICP 2008 Financial Assistance Program , International Congress of Psychology (500 Euro)
07/2008	Financial support for ISSBD 2008 , International Society for the Study of Behavioural Development (ISSBD) (700 Euro)
06/2007	Junior Scholar (accommodation and travel costs for the Workshop on Advancing Inter-American Collaboration in Human Development Research, Methodology, and Training), International Society for the Study of Behavioural Development (ISSBD)
09/2006 – 03/2007	AlBan Scholarship , Programme AlBan (Master scholarship, University of Lisbon (7,100 Euro)

EDITORIAL ACTIVITIES

2019 - present	Guest Associate Editor in Cognitive Science. Frontiers Research Topic: Twenty Years after Implicit Association Test: The Role of Implicit Social Cognition in Human Behavior
2019	Panel Co-Chair of Review Panel 20: Social Cognition. Society for Research in Child Development (SRCD) - 2019 Biennial Meeting

AD HOC REVIEWS

Journals: Psychology and Aging, The Gerontologist, Journals of Gerontology: Psychological Sciences, Journals of Gerontology: Social Sciences, Journal of Applied Gerontology, Ageing International, Educational Gerontology, AIDS Care, Ethics & Behavior, Frontiers in Psychology, GeroPsych, Interamerican Journal of Psychology, International Journal of Manpower, Journal of Aging & Social Policy, Journal of Aging and Health, Journal of Applied Social Psychology, Journal of Experimental Social Psychology, Journal of Research on Adolescence, Pensando Famílias, Psicologia Reflexão e Crítica, Psicologia Teoria e Pesquisa, Research on Aging, Revista Perspectivas em Psicologia, Trends in Psychology

TEACHING

WS 2024	Lecture Empirical Research Methods
WS 2024 – SS2025	Empirical Research Seminar , ‘Yes, I can!’ – Developing interventions to reduce the effects of age-based stereotype threat, B.Sc. Psychology, Friedrich-Schiller University Jena
SS 2024	Method Seminar , Analyzing data with R – an introduction, M.Sc. Psychology, Friedrich-Schiller University Jena
WS 2023 – SS2024	Empirical Research Seminar , ‘You proved me right!’ - Effects of age-based stereotype threat on self-directed ageism and self-related outcomes, B.Sc. Psychology, Friedrich-Schiller University Jena
WS 2023	Master Seminar , ‘Don’t let it hurt you!’ Developing interventions that can help older adults overcome the negative effects of age-based stereotype threat, M.Sc. Psychology, Friedrich-Schiller University Jena
WS 2019 – SS 2020	Empirical Research Seminar , ‘Different shades of ageism: Does contextual information influence attitudes towards older adults?’, B.Sc. Psychology, Friedrich-Schiller University Jena
SS 2020	Method Seminar , Analyzing data with R – an introduction, M.Sc. Psychology, Friedrich-Schiller University Jena
SS 2012	Graduate Seminar “Scientific Writing for Psychology”, Federal University of Rio Grande do Sul
SS 2011	Graduate Seminar “Scientific Writing for Psychology”, Federal University of Rio Grande do Sul
WS 2011 – SS 2012	Graduate Seminar “Contemporary Topics in Psychology”, Federal University of Rio Grande do Sul
SS 2007	General Psychology Seminar , B.Sc. Psychology, Federal University of Rio Grande do Sul

SS 2005 **General Psychology Seminar**, B.Sc. Psychology, Federal University of Rio Grande do Sul

Supervised Bachelor theses (B.Sc.)

- 2020 Betty Claudia Bätz, "Prescriptive Age Stereotypes: Influences of Prescriptive Age Stereotypes on Evaluations of Older Adults"
- 2023 Hannah Hoffmann, "Ageism and age norms: How violation of altruistic disengagement influences our evaluations of others and ourselves"
- 2024 Elisabeth Hefner, "Development of norm- and domain-specific materials to assess the effects of prescriptive views of aging on the evaluations of older adults"
- In progress Elena Schwieger, "Age-based stereotype threat across the lifespan"

Supervised Master theses (M.Sc.)

- 2020 Ronja Marie Ostermeier, "Eigengruppen-Favorisierung von Jung und Alt im Ländervergleich zwischen Deutschland, den USA und Indien" (Ingroup favoritism in young and older adults: Crosscultural comparison among Germany, the USA, and India)
- 2021 Barbara Craffonara, "PEP in der Altersforschung - Die Aktivierung und Messung impliziter deskriptiver und präskriptiver Altersstereotype" (PEP in the aging research: The activation and measurement of descriptive and prescriptive age stereotypes)
- 2021 Anna El-Serazh, "Effects on selection decisions in the work context"
- 2021 Maike Hohmann, "Auswirkungen von wahrgenommener Altersdiskriminierung auf emotionalen Reaktionen: Untersuchung der Rolle der subjektiven Konstruktion des eigenen Alters" (Effects of perceived age discrimination on emotional reactions: An investigation of the role of the subjective construction of one's own aging)
- 2022 Stella Zeigner, "Prescriptive age stereotypes: The influence of producing arguments for age-related expectations of activation and disengagement on the implicit and explicit endorsement of these expectations"
- 2022 Maxi Casper, "When I am older" – Mediation of psychological, behavioral, physiological, and social factors in the association between future self-views and survival probability
- 2024 Rebecca Skarabis, "Conceptualizations and Operationalizations of Resilience in Old Age A Scoping Review"
- In progress Michelle Thomas, "Age Norms in the Work Context and Organizational Future Time Perspective in Middle Age: Associations with Attitudes Towards Retirement"

Supervised Ph.D. theses

- 2012 - 2015 Airi Macias Sacco, "Orgulho e preconceito: O desenvolvimento de atitudes raciais implícitas e explícitas em crianças de Porto Alegre e Salvador" (Pride and prejudice: The development of implicit and explicit racial attitudes in children from Porto Alegre and

Salvador) (co-supervision together with Silvia Koller and Yarrow Dunham)

PROFESSIONAL AFFILIATIONS

Gerontological Society of America (GSA), German Psychological Society (DGPs, Developmental Psychology)

WORKSHOP PARTICIPATION AND FURTHER QUALIFICATION

- 09/2023 German-Israel Minerva School 2023, Social Networks and Health Inequalities in Ageing Societies
- 03/2021 Longitudinal S.E.M with Mplus, with Dr. Christian Geiser, Quantfish
- 03/2021 Celise Method Workshop: Introduction to Continuous Time Dynamic Modeling, with Dr. Manuel Völkle
- 12/2020 Mplus from Scratch, with Dr. Christian Geiser, Quantfish
- 03/2018 Mehrebenenanalyse für Längsschnittdaten, with Dr. Tanja Lischetzke and Dr. Charlotte Ottenstein, University Koblenz-Landau
- 03/2013 E-Prime Workshop, Psychology Software Tools, PSTNET, San Francisco, USA
- 07/2012 Analyses of Psychological Data with R, with Dr. Reinhold Kliegl, Stellebosh, South Africa, sponsored by IUPsyS/IAAP/IACCP
- 08/2012 Item Response Theory (IRT) – Rasch Model, with Dr. Carlos Nunes, Federal University of Rio Grande do Sul, UFRGS, Brazil
- 10/2010 Data Analyses and Scientific Writing in Epidemiology, Centro de Estudos de AIDS/DST do RS, CEARGS, Brazil
- 08/2010 SPSS for Psychology, with Dr. Filipe Jaeger Zabala, Laboratório de Psicologia Experimental, Neurociências e Comportamento, LPNEC, Brazil.
- 08/2009 Issues on the Analysis of Longitudinal Data, XIV European Congress of Developmental Psychology, Lithuania
- 11/2008 Programmieren mit Perl, with Dr. Bertram Opitz, Saarland University
- 06/2007 Workshop on Advancing Inter-American Collaboration in Human Development Research, Methodology, and Training, sponsored by ISSBD

PUBLICATIONS AND PRESENTATIONS

(Citations: 1835, H-Index: 21, Google Scholar)

Main Scientific Publications (in Peer-Reviewed Journals)

- de Paula Couto**, M. C. P., Kim-Knauss, Y., Fung, H. H., Hess, T. M., Rothermund, K., & Lang, F. (in press). Time without you: Transition to widowhood and its impacts on attitudes towards time and the future. *European Journal of Ageing*.
- de Paula Couto**, M. C. P., Kornadt, A. E., & Rothermund, K. (in press). Age-specific predictors of changes in subjective life expectancy: A 10-year longitudinal study. *Gerontology*.
- Wirth, M., **de Paula Couto**, C., Pavlova, M. K., & Rothermund, K. (in press). Normative Beliefs for Older Adults and Volunteering Intentions. *Gerontology*.
- Wirth, M., **de Paula Couto**, M. C. P., Sander, P. M., & Rothermund, K. (2025). Social normative beliefs and older adults' volunteering – a daily diary study. *Current Research in Behavioral Sciences*, 8(100167).
- de Paula Couto**, M. C., Rothermund, K., Nakamura, C. A., Seward, N., van de Ven, P., Hollingworth, W., Peters, T. J., Araya, R., & Scazufca, M. (2024). 'Does it matter how old I feel?' The role of subjective age in a psychosocial intervention for improving depressive symptomatology among older adults in Brazil (PROACTIVE). *Aging & Mental Health*, 1–10. Advance online publication. <https://doi.org/10.1080/13607863.2024.2342959>
- Ludwig, V., Kessler, E-M., Warner, L. M., Chaparro, M. S. P., Rothermund, K., & **de Paula Couto**, M. C. P. (2024). "Who tells me when to stay active or to leave?" Age differences and predictors of prescriptive views of aging. *Aging and Mental Health*, 1-11. Advance online publication. <https://doi.org/10.1080/13607863.2024.2354333>
- Rothermund, K., & **de Paula Couto**, M. C. P. (2024). Age stereotypes: Dimensions, origins, and consequences. *Current Opinion in Psychology*, 55:101747. <https://doi.org/10.1016/j.copsyc.2023.101747>
- Hess, T. M., Park, J., **de Paula Couto**, M. C., Fung, H. H., & Rothermund, K. (2024). Selective engagement in preparations for aging. *Journals of Gerontology: Psychological Sciences*, 79(2), gbad167, <https://doi.org/10.1093/geronb/gbad167>
- de Paula Couto**, M. C. P., Nikitin, J., Graf, S., Fung, H. H., Hess, T. M., Liou, S., & Rothermund, K. (2023). Do we all perceive age discrimination in the same way? Cross-cultural differences in perceived age discrimination and its association with life satisfaction. *European Journal of Ageing*, 20, 43 (2023). <https://doi.org/10.1007/s10433-023-00790-x>
- Cohn-Schwartz**, E., **de Paula Couto**, C., Fung, H.H., Graf, S., Hess, T. M., Liou, S., Nikitin, J., & Rothermund, K. (2023). Contact with older adults is related to positive age stereotypes and self-views of aging: The older you are the more you profit. *Journals of Gerontology: Psychological Sciences*, 78(8), 1330-1340 <https://doi.org/10.1093/geronb/gbad038> **(are shared first authors)**
- de Paula Couto**, M. C., Rupperecht, F., Nikitin, J., & Rothermund, K. (2023). Willingness to live under impairment - Factors associated with desired longevity. *Innovation in Aging*, 7(8), <https://doi.org/10.1093/geroni/igad092>
- Kornadt, A. E., Weiss, D., **de Paula Couto**, M. C., & Rothermund, K. (2023). Internalization or dissociation? Negative age stereotypes make you feel younger now but make you feel older later. *Journals of Gerontology: Psychological Sciences*, 78(8), 1341-1348. <https://doi.org/10.1093/geronb/gbad057>
- Miller, C. A., Wilkins, C. L., **de Paula Couto**, C., Farias, J., & Lisnek, J. A. (2023). Anti-Black attitudes predict decreased concern about COVID-19 among Whites in the U.S. and Brazil. *Social Science & Medicine*, 320, 115712.

<https://doi.org/10.1016/j.socscimed.2023.115712>

- Wirth, M., **de Paula Couto**, M. C., Pavlova, M. K., & Rothermund, K. (2023). Manipulating prescriptive views of active aging and altruistic disengagement. *Psychology and Aging*. Advance online publication. <https://doi.org/10.1037/pag0000763>
- de Paula Couto**, M. C. P., Ekerdt, D. J., Fung, H. H., Hess, T. M., & Rothermund, K. (2022). What will you do with all that time? Changes in leisure activities after retirement are determined by age-related self-views and preparation. *Acta Psychologica*, 231, 103795. <https://doi.org/10.1016/j.actpsy.2022.103795>
- de Paula Couto**, M. C. P., Fung, H. H., Graf, S., Hess, T., Liou, S., Nikitin, J., & Rothermund, K. (2022). Antecedents and consequences of endorsing prescriptive views of active aging and altruistic disengagement. *Frontiers in Psychology*, 13:807726. <https://www.frontiersin.org/article/10.3389/fpsyg.2022.807726>
- de Paula Couto**, M. C. P., Huang, T., & Rothermund, K. (2022). Age specificity in explicit and implicit endorsement of prescriptive age stereotypes. *Frontiers in Psychology*, 13:820739. <https://doi.org/10.3389/fpsyg.2022.820739>
- de Paula Couto**, C., Ostermeier, R., & Rothermund, K. (2022). Age differences in age stereotypes: The role of life domain and cultural context. *GeroPsych*, 35(4), 177-188. <https://doi.org/10.1024/1662-9647/a000272>
*Editor's Choice
- Kornadt, A. E., **de Paula Couto**, C., & Rothermund, K. (2022). Views on aging – Current trends and future directions for cross-cultural research. *Online Readings in Psychology and Culture*, 6(2). <https://doi.org/10.9707/2307-0919.1176>
- Henrique, M. G., **de Paula Couto**, M. C. P., Araya, R., Mendes, A. V., Nakamura, C. A., Hollingworth, W., van de Ven, P., Peters, T. J., & Scazufca, M. (2021). Acceptability and feasibility of a psychosocial intervention (PROACTIVE) for older adults with depression in a basic health unit in São Paulo, Brazil: A qualitative study. *BMC Public Health*, 21:2278. <https://doi.org/10.1186/s12889-021-12402-3>
- Rothermund, K., **de Paula Couto**, M. C. P., Fung, H., Graf, S., Hess, T. M., Liou, S., & Nikitin, J. (2021). Age-related attributions of experienced changes in life: Origins and implications. *Journals of Gerontology: Psychological Sciences*, 76(5), 881-893. <https://doi.org/10.1093/geronb/gbaa160>
- Van de Ven, P., Araya, R., **de Paula Couto**, M. C., Henrique, M. G., Meere, D., Vilela Mendes, A., Peters, T. J., Seabra, A., Franzin, R. M., Carvalho Pereda, P., & Scazufca, M. (2019). Investigating Software Requirements for Systems Supporting Task-Shifted Interventions: Usability Study. *Journal of Medical Internet Research*, 21(11), e11346. doi: 10.2196/11346
- Scazufca**, M., **de Paula Couto**, M. C., Henrique, M. G., Mendes, A. V., Mtijasevich, A., Pereda, P. C., Franzin, R. M., Seabra, A., Van de Ven, P., Hollingworth, W., Peters, T. J., & Araya, R. (2019). Pilot study of a two-arm non-randomized controlled cluster trial of a psychosocial intervention to improve late life depression in socioeconomically deprived areas of São Paulo, Brazil (PROACTIVE). *BMC Public Health*, 19:1152. doi: <https://doi.org/10.1186/s12889-019-7495-5> **(are shared first authors)**

- Sacco, A. M., **de Paula Couto**, M. C., Dunham, Y., Prates, J. S., Nunes, L. N., & Koller, S. H. (2019). Race attitudes in cultural context: The view from two Brazilian states. *Developmental Psychology*, *55*(6), 1299-1312. doi: 10.1037/dev0000713
- Chen, J. M., **de Paula Couto**, M. C., Sacco, A. M., & Dunham, Y. (2018). To Be or Not to Be (Black or Multiracial or White): Cultural Variation in Racial Boundaries. *Social Psychological and Personality Science*, *9*(7), 763–772. doi: <https://doi.org/10.1177/1948550617725149>
- de Paula Couto**, M. C. P., & Wentura, D. (2017). The Go/No-go Priming Task: Automatic evaluation and categorization beyond response interference. *Cognition & Emotion*, *31*, 892-911. doi: 10.1080/02699931.2016.1179625 **(are shared first authors)**
- Scazufca**, M., **de Paula Couto**, M. C. P., Huang, H., Kester, R., et al. (2016). Public stigma towards older adults with depression: Findings from the São Paulo-Manaus elderly in primary care study. *PLOS One*, *11*(6): e0157719. doi: 10.1371/journal.pone.0157719 **(are shared first authors)**
- Sacco, A. M., **de Paula Couto**, M. C. P., Koller, S. H. (2016). Systematic review of Brazilian psychological studies about racial prejudice. *Trends in Psychology*, *24*, 233-250. doi: 10.9788/TP2016.1-16
- Sacco, A. M., **de Paula Couto**, M. C. P., Koller, S. H. (2016). Construction and validation of the White, *Pardo*, and Black Children Picture Set (BIC-Multicolor). *Psychology & Neuroscience*, *9*, 68-78. doi: 10.1037/pne0000040
- Diniz, E., Piccolo, L., **de Paula Couto**, M. C. P., Salles, J. F., Koller, S. H. (2014). Influences of developmental contexts and gender differences on school performance of children and adolescents. *Educational Psychology*, *34*, 787-798. doi: 10.1080/01443410.2013.804491
- Menezes, C. B., **de Paula Couto**, M. C., Buratto L. G., Erthal F., Pereira M. G., Bizarro L. (2013). The improvement of emotion and attention regulation after a 6-week training of focused meditation: A randomized controlled trial. *Evidence Based Complementary and Alternative Medicine*, 1-11. doi: 10.1155/2013/984678
- Von Hohendorff, J., **de Paula Couto**, M. C. P. Eschiletti Prati, L. (2013). Social skills in adolescence: Psychopathology and socio-demographic variables. *Estudos de Psicologia (PUCCAMP. Impresso)*, *30*, 151-160. doi: 10.1590/S0103-166X2013000200001
- de Paula Couto**, M. C. P., & Wentura, D. (2012). Automatically activated facets of ageism: Masked evaluative priming allows for a differentiation of age-related prejudice, *European Journal of Social Psychology*, *42*, 852-863. doi: 10.1002/ejsp.1912
- de Paula Couto**, M. C. P., & Koller, S. H. (2012). Warmth and competence: Mixed stereotypes of the elderly among young adults and older persons in Brazil. *International Perspectives in Psychology: Research, Practice, Consultation*, *1*, 52-62. doi: 10.1037/a0027118
- de Paula Couto**, M. C. P., Diniz, E., Eschiletti Prati, L., & Koller, S. H. (2012). A Case-Control Study of Factors Associated with HIV Infection on Southern Brazilian Elders. *Acta de Investigacion Psicologica*, *2*, 771-782.
- de Paula Couto**, M. C. P., Koller, S. H., Novo, R. (2011). Stressful life events and psychological well-being in a Brazilian sample of older persons: The role of resilience. *Ageing International*, *36*, 492-505.
- de Paula Couto**, M. C. P., Fonseca, R. P., & Koller, S. H. (2011). Rated pleasantness and relevance of Brazilian Portuguese adjectives for future assessment instruments. *Psychology & Neuroscience*, *4*, 353-367. doi:

10.3922/j.psns.2011.3.009

- de Paula Couto**, M. C. P., Koller, S. H., Novo, R., & Soares, P. S. (2009). An assessment of the discrimination against older persons in the Brazilian context – Ageism. *Psicologia: Teoria e Pesquisa*, 25, 509-518. doi: 10.1590/S0102-37722009000400006
- de Paula Couto**, M. C. P., Koller, S. H., Novo, R. F., & Soares, P. S. (2008). Adaptation and use of a social support network measure to a sample of Brazilian older persons. *Universitas Psychologica*, 7, p. 493-505.
- Prati, L. E., **de Paula Couto**, M. C. P., Moura, A., Poletto, M., & Koller, S. H. (2008). Revisiting the Ecological Engagement: A Proposal to Systematization. *Psicologia: Reflexão e Crítica*, 21, p. 160-169. doi: 10.1590/S0102-79722008000100020
- de Paula Couto**, M. C. P., Prati, L. E., Falcão, D. V. S., & Koller, S. H. (2008). Systemic family therapy and the elderly: Contributions and challenges. *Psicologia Clínica (PUCRJ. Impresso)*, 20, p. 135-152. doi: 10.1590/S0103-56652008000100009
- Bakos, D. S., **de Paula Couto**, M. C. P., Melo, W. V., Parente, M. A. de M. P., Koller, S. H., & Bizarro, L. (2008). Executive functions in the young elderly and oldest old: a preliminary comparison emphasizing decision making. *Psychology & Neuroscience*, 1(2), p. 183-189. *Psychology & Neuroscience*, 1(2), 183-189. doi: 10.3922/j.psns.2008.2.011
- Vasconcellos, D., Novo, R. F., Castro, O. P. de, Vion-Dury, K., Ruschel, A., **de Paula Couto**, M. C. P., Colomby, P. de, Giami, A. (2004). Sexuality in the ageing process: A new guideline transcultural comparison. *Estudos de Psicologia (UFRN), Natal*, 9(3), p. 413-419. doi: <https://dx.doi.org/10.1590/S1413-294X2004000300003>

Books and Book Chapters

- de Paula Couto**, C., & Rothermund, K. (2022). Prescriptive views of aging: Disengagement, activation, wisdom, and dignity as normative expectations for older people. In Diehl, Manfred, Palgi, Yuval, & Shrira, Amit (Eds.) *Subjective Views of Aging: Theory, Research, and Practice* (pp. 59-75). Cham, Switzerland: Springer Nature. <https://link.springer.com/book/10.1007/978-3-031-11073-3>
- de Paula Couto**, M. C. P., & Rothermund, K. (2019). Ageism and age discrimination at the workplace—A psychological perspective. In Michel E. Domsch, Désirée H. Ladwig, & Florian C. Weber (Eds.), *Vorurteile im Arbeitsleben - Unconscious Bias erkennen, vermeiden und abbauen* (pp. 57 - 80). Springer Gabler: Germany
- de Paula Couto**, M. C. P., & Wentura, D. (2017). Implicit ageism. In Todd Nelson (Ed.), *Ageism - Stereotyping and Prejudice against Older Persons* (2nd ed., pp. 37-76). Cambridge, MA: MIT Press.
- de Paula Couto**, M. C. P., Sacco, A. M., Souza, A. P. L., Santos, E. C., Wendt, G. W., Habigzang, L. F., & Koller, S. H. (2017). The status of women: Brazil. In Carrie M. Brown, Uwe P. Gielen, Judith L. Gibbons, & Judy Kuriansky (Eds.), *Women's Evolving Lives - Global and Psychosocial Perspectives* (pp. 203-220). Cham, Switzerland: Springer International Publishing.
- de Paula Couto**, M. C. P., & Marques, S. (2016). Atitudes em relação ao envelhecimento: Vamos falar sobre idadismo? [Attitudes towards older adults: Let's talk about Ageism?]. In Deusivânia V. S. Falcão, Ludgleydson F. Araújo, & Janari S. Pedroso (Eds.), *Velhice: Temas emergentes nos contextos psicossocial e familiar [Aging:*

Emergent topics in psychosocial and Family contexts] (pp. 17-32). Campinas, Brazil: Alínea.

Koller, S. H., **de Paula Couto**, M. C. P., Hohendorff, J. V. (2014). *Manual de Produção Científica [Handbook of Scientific Production]* (pp. 1-191). Porto Alegre, Brazil: Penso.

de Paula Couto, M. C. P. (2014). Como manejar o tempo na academia [How to manage time in Academia]. In Sílvia H. Koller, Maria Clara P. de Paula Couto, & Jean Von Hohendorff. (Eds.), *Manual de Produção Científica [Handbook of Scientific Production]* (pp. 167-177). Porto Alegre, Brazil: Penso.

de Paula Couto, M. C. P., Novo, R. F., Koller, S. H. (2009). Relações entre rede de apoio social, bem-estar psicológico e resiliência na velhice [Associations among social support, psychological well-being, and resilience in later life]. In Deusivânia V. S. Falcão, & Ludgleydson F. Araújo. (Eds.), *Psicologia do Envelhecimento: Relações Sociais, Bem-Estar Subjetivo e Atuação Profissional em Contextos Diferenciados [Psychology of aging: Social relations, subjective well-being, and professional exercise in specific contexts]* (vol. 1, pp. 29-46). Campinas, Brazil: Alínea.

de Paula Couto, M. C. P., Koller, S. H., & Novo, R. F. (2006). Resiliência no envelhecimento: Risco e proteção [Resilience in later life: Risk and Protection]. In Deusivânia V. S. Falcão, & Cristina M. S. Brito Dias (Eds.), *Maturidade e velhice: Pesquisas e intervenções psicológicas [Maturity and aging: Research and intervention]* (vol. 2, pp. 314-318). São Paulo, Brazil: Casa do Psicólogo.

de Paula Couto, M. C. P., Castro, O. P., & Matos, S. (2004). *A sexualidade nos idosos: Corpo, saúde & prazer - 5ª fase [Sexuality in later life: Body, health and pleasure, 5th phase]*. In Odair Perugini de Castro (Ed.), *Envelhecer: Revisitando o corpo [Getting old: Revisiting the body]*, (pp. 41-54). Sapucaia do Sul, Brazil: Editora NotaDez.

Ongoing Projects/Manuscripts in Progress

de Paula Couto, M. C. P., Weiss, D., Casper, M., & Rothermund, K. (submitted). Contrasting paths to longevity: How personal and generalized views on aging differentially predict mortality.

Rupprecht, F., **de Paula Couto**, M. C. P., Rothermund, K., & Nikitin, J. (submitted). Maintaining a young self-concept: Feeling younger or shifting age thresholds.

Jessee, L., Kim-Knauss, Y., Nashef-Hamuda, R., Köttl, H., Schmitz, A., Cohn-Schwartz, E. & **de Paula Couto**, M. C. P. (submitted). Depressive symptoms after widowhood: Gendered patterns across different dimensions of social support from adult children.

Weiss, D., **de Paula Couto**, M. C. P., Rothermund, K. (submitted). How social and temporal comparisons shape subjective aging.

de Paula Couto, M. C. P., Nikitin, J., Rupprecht, R. S., Graf, S. Fung, H. H., Hess, T. M., Liou, S., & Rothermund, K. (in preparation). Age-related differences in how developmental gains affect self-continuity across the life span.

de Paula Couto, M. C. P., Rupprecht, F. S., Riediger, M. & Rothermund, K. (in preparation). The prospective association between future self- perceptions of aging and life satisfaction: The mediating role of perceived control.

Invited Talks

- de Paula Couto, M. C. P. (2025). The Lens of Time: How Views on Aging Shape Development in Later Life. Talk presented at Research Colloquium, Institute of Psychogerontology Friedrich-Alexander-Universität Erlangen-Nürnberg, Germany, 13/01/2025.
- de Paula Couto, M. C. P. (2025). The Lens of Time: How Views on Aging Shape Development in Later Life. Talk presented at Research Colloquium, Department of Developmental Psychology, Friedrich-Schiller University Jena, Germany, 16/01/2025.
- de Paula Couto, M. C. P. (2016). Ageismo implícito: Uma discussão atualizada sobre o tema [Implicit ageism: An updated overview]. Talk presented at the II Congress of Gerontology, University of São Paulo (USP), São Paulo, Brazil, 30/11/2016.
- de Paula Couto, M. C. P. (2011). Envelhecimento Humano [Human Aging]. Talk presented at the College of Psychology, Lutheran University of Brazil (ULBRA), Gravataí, Brazil 29/04/2011.
- de Paula Couto, M. C. P. (2011). O uso de medidas implícitas aplicado a pesquisas em cognicao social [The use of implicit measures in social cognition]. Talk presented at the Institute of Psychology, University of Brasília (UnB), Brasília, Brazil, 22/06/2011.

Conference Contributions: Talks and Posters

- de Paula Couto, M. C. P., Rupprecht, F. S., Nikitin, J., & Rothermund, K. (2024). Willingness to Live Under Impairment: Factors Associated with Desired Longevity. Talk presented at the “In Search of Time: Time Perspective and Life's Finitude” symposium, The Gerontological Society of America 2024 Annual Scientific Meeting, Seattle, WA, 13-16/11/2024.
- de Paula Couto, M. C. P., Rupprecht, F. S., Riedieger, M., & Rothermund, K. (2024). The prospective association between future self-perceptions of aging and life satisfaction: The mediating role of perceived control. Talk presented at the “Watching myself grow old – Self-perceptions of aging, their source, and consequences symposium, 53. DGPs-Congress, Vienna, Austria, 16-19/09/2024.
- de Paula Couto, M. C. P., Fung, H. H., Graf, S., Hess, T. M., Liou, S., Nikitin, J., & Rothermund, K. (2023). “Older adults should...”: Cross-national differences in endorsement of prescriptive age stereotypes. Talk presented at the “Examining the Role of Age Stereotypes for Development in Context” symposium, The Gerontological Society of America 2023 Annual Scientific Meeting, Tampa, FL, 08-12/11/2023.
- de Paula Couto, M. C. P. (2023). Age-related “shoulds” and “should nots”: The relevance of prescriptive age stereotypes for aging research. Talk presented at the 4th CELISE Workshop, Jena, Germany, 27/10/2023.
- de Paula Couto, M. C. P., Casper, M., & Rothermund, K. (2022). “When I am older”: Self-views as an older person predict survival probability. Talk presented at the “Exploring representations of old age and aging” symposium, 52. DGPs-Congress, Hildesheim, Germany, 10-15/09/2022.
- de Paula Couto, M. C. P., Nikitin, J., Graff, S., Fung, H., Hess, T. M., Liou, S., & Rothermund, K. (2022). Do we all perceive age discrimination in the same way? Cross-cultural and age differences in perceived age discrimination and its association with views of aging and life satisfaction. Talk presented at the “Age

Discrimination” symposium, Ageing as Future 2nd Conference: Conceptions, Contexts, and Challenges of Long Lives, Jena, Germany, 26-28/07/2022.

de Paula Couto, Rupprecht, F. S., Nikitin, J., & Rothermund, K. (2022). Self-continuity across the life span: Age differences in how gains and losses affect the construction of the self. Talk presented at the “Future Perceptions of Psychology” symposium, 17th European Congress of Psychology, Ljubljana, Slovenia, 05-08/07/2022.

de Paula Couto, M. C. P., Rupprecht, F. S., Nikitin, J. & Rothermund, K. (2022). Under what conditions is life considered to be worth living. Poster presented at the 3rd CELISE Workshop, Jena, Germany, 24/06/2022.

de Paula Couto, M. C. P., Huang, T., & Rothermund, K. (2022). Age specificity in explicit and implicit endorsement of prescriptive age stereotypes. Talk presented at the “Indirect assessment of beliefs and attitudes: Conceptual elaboration and incremental validity of the Propositional Evaluation Paradigm (PEP)” symposium, 64th TeaP 2022, Cologne, Germany, 20-23/03/2022.

de Paula Couto, M. C. P., Graf, S., Nikitin, J., & Rothermund, K. (2021). Personal experiences of age discrimination: Determinants and consequences. Talk presented at the “Effects of aging attitudes on development in old age” symposium, The Gerontological Society of America 2021 Annual Scientific Meeting, Phoenix, AZ, 10-13/11/2021.

de Paula Couto, M. C. P., & Rothermund, K. (2019). “Do not become a burden”: Activation and disengagement prescriptive age stereotypes. Talk presented at the “Preparation for Future in Old Age: Why and Why Not?” symposium, The Gerontological Society of America 2019 Annual Scientific Meeting, Austin, TX, 13-17/11/2019.

de Paula Couto, M. C. P., & Rothermund, K. (2019). Prescriptive age stereotypes and preparation for age-related changes in different cultural contexts. Poster presented at the 2nd CELISE Workshop, Jena, Germany, 25/09/2019.

de Paula Couto, M. C. P., & Rothermund, K. (2019). Prescriptive age stereotypes and preparation for age-related changes in different cultural contexts. Poster presented at the Gemeinsame Tagung der Fachgruppen Entwicklungspsychologie und Pädagogische Psychologie (paEpsy 2019), Leipzig, Germany, 09-12/09/2019.

de Paula Couto, M. C. P., & Rothermund, K. (2019). Self-Continuity across the Life Span: Age Differences in How Gains and Losses Impact the Construction of the Self. Poster presented at the Mitgliederversammlung/-symposium Zentrum für Altersforschung Jena (ZAJ), Jena, Germany, 22/08/2019.

de Paula Couto, M. C. P., & Rothermund, K. (2019). Assessing the Domain Specificity of Social and Own Experiences of Perceived Age Discrimination. Talk presented at the “Ageism from a Multidisciplinary Perspective” symposium, International Association of Gerontology and Geriatrics European Region Congress, Gothenburg, Sweden, 23-25/05/2019.

de Paula Couto, M. C. P., & Rothermund, K. (2019). Social Expectations and Norms for Older Adults and Preparation for Age-related Changes. Talk presented at the “Cultural and Psychological Determinants of Late-Life Preparation: Findings from the Ageing as Future Project” symposium, International Association of Gerontology and Geriatrics European Region Congress, Gothenburg, Sweden, 23-25/05/2019.

- Rothermund, K., & de Paula Couto, M. C. P. (2018). Cultural differences in attitudes towards living in old age. Talk presented at the "East meets West: Making preparations for old age." symposium, Gerontology Society of America, Boston, MA, 14-18/11/2018.
- de Paula Couto, M. C. P., & Rothermund, K. (2018). "The future's not ours to see": Age-related changes in current and future self-views among young and older adults. Poster presented at the CELISE Inaugural Workshop, Jena, Germany, 25/09/2018.
- de Paula Couto, M. C. P., & Rothermund, K. (2018). The "Ageing as Future" Project. Poster presented at the CELISE Inaugural Workshop, Jena, Germany, 25/09/2018.
- de Paula Couto, M. C. P., & Rothermund, K. (2018). "The future's not ours to see": Age-related changes in current and future self-views among young and older adults. Poster presented at the Hong Kong 2018 Conference Aging Conference Aging across Time and Contexts, Hong Kong, China, 19-20/05/2018.
- de Paula Couto, M. C. P., Chen, J. M., Sacco, A. M., & Dunham, Y. (2015). Diferenças culturais na percepção e no uso de categorias raciais [Cultural differences in the perception and use of racial categories]. Talk presented at the VI Meeting of the Brazilian Institute of Neuropsychology and Behavior – IBNeC/1st Brazilian Meeting of the Human Behavior and Evolution Society – HBES, Gramado, Rio Grande do Sul, Brazil, 01-04/09/2015.
- de Paula Couto, M. C. P., Sacco, A. M., Dunham, Y., Koller, S. H. (2014). The development of implicit prejudice in Brazilian children from different race groups. Poster presented at the 17th General Meeting of the European Association of Social Psychology, Amsterdam, Netherlands, 09-12/07/2014.
- de Paula Couto, M. C. P., Prati, L. E., & Koller, S. H. (2012). Socio-behavioral characteristics of Brazilian men and women aged 50 years and older living with HIV/AIDS. Poster presented at the XXX International Congress of Psychology, Cape Town, South Africa, 22-27/07/2012.
- de Paula Couto, M. C. P., Prati, L. E., & Koller, S. H. (2011). HIV infection and life satisfaction: A study of factors associated with life satisfaction on a sample of older adults from Southern Brazil. Poster presented at the 6th IAS Conference on HIV Pathogenesis, Treatment and Prevention, Rome, Italy, 17-20/07/2011.
- de Paula Couto, M. C. P., Diniz, E., Prati, L. E., & Koller, S. H. (2011). Fatores associados ao HIV em uma amostra de pessoas com 50 anos ou mais do sul do Brasil [Factors associated with HIV in a sample of individuals 50 years and older from Southern Brazil]. Poster presented at the VIII Congresso da Sociedade Brasileira de DST, IV Congresso Brasileiro de AIDS, I Congresso da ALAC/IUISTI Latino-Americana, Curitiba, Brazil, 18-21/05/2011.
- de Paula Couto, M. C. P., & Koller, S. H. (2010). Methodological approaches and constraints on the study of street children: Some examples from Brazil. Talk presented at the Development Dialogue Conference 2010 "Knowledges for Development, Development for Knowledges", International Institute of Social Studies, Erasmus University, The Hague, The Netherlands, 21-22/06/2010.
- de Paula Couto, M. C. P., Prati, L. E., Moura, A., & Koller, S. H. (2010). Discriminação social e satisfação de vida em portadores e não portadores de HIV/AIDS com 50 anos ou mais [Social discrimination and life satisfaction among people aged 50 years and older living and not living with HIV/AIDS]. Poster presented at the VIII Congresso Brasileiro de Prevenção das DST e Aids I Congresso Brasileiro de Prevenção das Hepatites Virais, Brasília, Brazil, 16-19/06/2010.

- de Paula Couto, M. C. P., Prati, L. E., Moura, A., Porto, I., & Koller, S. H. (2009). Social support in the relation between HIV/AIDS and life Satisfaction in a Southern Brazilian sample of older adults. Poster presented at the XIV European Conference on Developmental Psychology, Vilnius, Lithuania, 18-22/08/2009.
- de Paula Couto, M. C. P., Koller, S. H., & Novo, R. F. (2008). The mixed elderly stereotype in the Brazilian context. Poster presented at the XXIX International Congress of Psychology, Berlin, Germany, 20-25/07/2008.
- de Paula Couto, M. C. P., Koller, S. H., Novo, R. F., & Soares, P. S. (2008). Stressful life events and psychological well-being in later life: The role of resilience. Poster presented at the 20th ISSBD Biennial Meeting, Würzburg, Germany, 13-17/07/2008.
- de Paula Couto, M. C. P., Poletto, M., Paludo, S., Koller, S. H. (2006). Resiliencia y Psicología Positiva [Resilience and Positive Psychology]. Poster presented at the Primer Encuentro Iberoamericano de Psicología Positiva, Buenos Aires, Argentina, 04-05/08/2006.

ORGANIZATION OF SYMPOSIA, WORKSHOPS AND CONFERENCES

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| 23-24/05/2017 | Seminário Internacional Competências para a Vida: Onde Estamos e Onde Queremos Chegar? Fortaleza, Ceará, Brazil, Ayrton Senna Institute (International Seminar of Competencies for life: Current status and future perspectives) |
| 24/06/2022 | Center for Lifespan Developmental Science (CELISE) Workshop, Jena, Germany |
| 26-28/07/2022 | Ageing as Future 2nd Conference: Conceptions, Contexts, and Challenges of Long Lives, Jena, Germany |
| 05/07/2024 | EmPra Congress, Jena, Germany |

LANGUAGE SKILLS

- | | |
|------------|-----------------|
| Portuguese | Native language |
| English | Fluent |
| German | Good skills |
| Spanish | Good skills |

DATA ANALYSIS AND IT SKILLS

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|---------------------------------|--|
| IBM SPSS/R | Very good skills in analyzing data |
| Inquisit/E-Prime/PsychoPy | Very good skills in programming laboratory studies |
| SoSci, Survey Monkey, Qualtrics | Very good skills in programming online surveys |