

Part A. PERSONAL INFORMATION

CV date	20/01/2021
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First and Family name	Miguel Bennasar Veny		
Researcher codes	WoS Researcher ID	C-5881-2008	
	SCOPUS Author ID	26221020200	
	Open Researcher and Contributor ID (ORCID)	0000-0003-1668-2141	

A.1. Current position

Name of University/Institution	University of the Balearic Islands		
Department	Nursing and Physiotherapy Department		
Current position	Senior Lecturer / Titular de Universidad	From	Sep 2007
Key words	Lifestyles, diabetes, physical activity, nutrition, public health, primary care		

A.2. Education

PhD	University	Year
PhD in Health Sciences	University of the Balearic Islands (UIB)	2012

A.3. JCR articles, h Index, thesis supervised...

Two six-year research period recognised by the National Commission for the Evaluation of Research Activity (CNEAI). Since 2000 until now 73 papers published, 44 of them in high quality journals (JCR articles), 31 JCRs in the last five years. Among published articles 31 in T1, 21 Q1 and 3 D1; 24 JCRs (60%) as a first, corresponding or last author.

h-index = 23 (Google Scholar); 14 (Web of Science); 18 (SCOPUS)

Total number of citations = 1.851 (Google Scholar); 569 (Web of Science). Average citation per paper = 12,1 (cites in WoS journals)

9 Thesis supervised (7 in last 5 years) and 7 Master's Final Projects

Part B. CV SUMMARY (max. 3500 characters, including spaces)

Senior Lecturer in epidemiology, public health, and community health at the University of the Balearic Islands (UIB) since September 2007. Graduated in nursing (year 2000) with over 20 years of experience in Primary Care as nurse and researcher. BSc in anthropology (health and disease specialty), obtained in 2003. MSc in Human Cognition and Evaluation obtained in 2008. PhD degree with "Cum Laude" distinction and *Jean Dusset* award for best doctoral thesis in medicine and allied sciences in 2012. Tenured Professor since 2019, involved in undergraduate and postgraduate activities, including Master's and PhDs. Supervisor of Master's and PhD thesis, which to date sum up to 9 for PhD (6 in the last 5 years) and 7 for Master's degrees, all obtained with very good marks.

Involvement, as a research team member and Principal Investigator (PI) in different competitive research projects, and at present, PI in the PREDIAPS study (PI18/01209) funded by the Carlos III Health Institute. Research group leader of the consolidated Research Group "Evidence, Lifestyles and Health (EVES), as part of the Research Institute of Health Sciences (IUNICS)" since March 2020. Current member of the Primary Care Prevention and Health Promotion Network (redIAPP). Editor of 9 books, author of 5 book chapters and 73 research papers. Participation in numerous conferences as a member of the scientific or organizing committee and involved in over 80 conference presentation papers, communications and posters. Reviewer in different JCR journals, such as *Preventive Medicine* (Q1), *Journal of Advanced Nursing* (D1), *BMC Health Services Research* (Q2), among others.

Director of the Office for Healthy and Sustainable University (OUSIS) at the UIB, and head of the Nursing and Physiotherapy Department since 2013. Reviewer of the National Agency of



Evaluation and Prospective (currently National Agency of Research - AEI), and of the Andalusian Foundation "Progress and Health", with the role of evaluating research projects in competitive national and regional calls, since 2016. Member of the Health Research Ethics Committee of the Balearic Islands (CEI-IB) from 2010 to 2019. Evaluator of Bachelor and Master's degree accreditation for the Spanish National Agency for Quality Assessment and Accreditation (ANECA).

Part C. RELEVANT MERITS

C.1. Publications (including books): Selected 20 publications from 31 JCRs published in the last 5 years:

1. Riera-Sampol, A, Bennasar-Veny, M, Tauler, P, Aguiló, A. Effectiveness of physical activity prescription by primary care nurses using health assets: A randomized controlled trial. *Journal of Advanced Nursing* 2021 (Early view). doi: 10.1111/jan.14649. Journal Impact Factor (IF): 2.849; Category: Nursing; Position: 6/123; Rank: D1
2. Bennasar-Veny, M.; Fresneda, S.; López-González, AA.; Busquets-Cortés, C.; Aguiló, A.; Yañez, AM. Lifestyle and Progression to Type 2 Diabetes in a Cohort of Workers with Prediabetes. *Nutrients*. 2020;12(5):1538. doi: 10.3390/nu12051538. IF: 4.546; Category: Nutrition & Dietetics; Position: 17/89; Rank: Q1
3. Ayensa-Vazquez, JA.; Leiva, A.; Tauler, P.; López-González, AA.; Aguiló, A.; Tomás-Salvá, M.; Bennasar-Veny, M. Agreement between Type 2 Diabetes Risk Scales in a Caucasian Population: A Systematic Review and Report. *Journal of Clinical Medicine*. 2020;9(5):1546. doi: 10.3390/jcm9051546; IF: 3.303; Category: Medicine, General & Internal; Position: 36/165; Rank: Q1
4. Pons M, Bennasar-Veny M, Yañez AM. Maternal Education Level and Excessive Recreational Screen Time in Children: A Mediation Analysis. *International Journal of Environmental Research and Public Health*. 2020; 17(23):8930. <https://doi.org/10.3390/ijerph17238930>. IF: 2.849; Category: Public, Environmental & Occupational Health; Position: 32/171; Rank: Q1
5. Bennasar-Veny M, Yañez AM, Pericas J, Ballester L, Fernandez-Dominguez JC, Tauler P, Aguiló A. Cluster Analysis of Health-Related Lifestyles in University Students. *International Journal of Environmental Research and Public Health*. 2020; 17(5):1776. <https://doi.org/10.3390/ijerph17051776>; IF: 2.849; Category: Public, Environmental & Occupational Health; Position: 32/171; Rank: Q1
6. Molina-Luque R, Yañez AM, Bennasar-Veny M, Romero-Saldaña M, Molina-Recio G, López-González Á-A. A Comparison of Equation Córdoba for Estimation of Body Fat (ECORE-BF) with Other Prediction Equations. *International Journal of Environmental Research and Public Health*. 2020; 17(21):7940. <https://doi.org/10.3390/ijerph17217940>; IF: 2.849; Category: Public, Environmental & Occupational Health; Position: 32/171; Rank: Q1
7. Yañez AM, Bennasar-Veny M., Leiva A. García-Toro M. Implications of personality and parental education on healthy lifestyles among adolescents. *Scientific Reports* 2020; 10. <https://doi.org/10.1038/s41598-020-64850-3>; IF: 3.998; Category: Multidisciplinary Sciences; Position: 17/71; Rank: Q1
8. Molina-Luque R, Romero-Saldaña M, Álvarez-Fernández C, Bennasar-Veny M, Álvarez-López Á, Molina-Recio G. Equation Córdoba: A Simplified Method for Estimation of Body Fat (ECORE-BF). *International Journal of Environmental Research and Public Health*. 2019; 16(22):4529. <https://doi.org/10.3390/ijerph16224529>; IF: 2.849; Category: Public, Environmental & Occupational Health; Position: 32/171; Rank: Q1
9. Rodríguez-Enríquez, M., Bennasar-Veny, M., Leiva, A. Yañez AM. Cybervictimization among secondary students: social networking time, personality traits and parental education. *BMC Public Health* 2019; 19,1499. <https://doi.org/10.1186/s12889-019-7876-9>; IF: 2.521; Category: Public, Environmental & Occupational Health; Position: 70/193; Rank: Q2
10. Rodríguez-Enríquez M, Bennasar-Veny M, Leiva A, Yañez AM. Alcohol and Tobacco Consumption, Personality, and Cybervictimization among Adolescents. *International Journal of Environmental Research and Public Health*. 2019; 16(17):3123. <https://doi.org/10.3390/ijerph16173123>; IF: 2.849; Category: Public, Environmental & Occupational Health; Position: 32/171; Rank: Q1



11. Leiva A, Estela A, Bennasar-Veny M, Aguiló A, Llobera J, Yañez A. Effectiveness of a complex intervention on smoking in adolescents: A cluster-randomized controlled trial. *Preventive Medicine* 2018; 114:88-94. doi: 10.1016/j.ypmed.2018.06.009; IF: 3.449; Category: Public, Environmental & Occupational Health; Position: 35/185; Rank: Q1
12. Romero-Saldaña, M.; Tauler, P.; Vaquero-Abellán, M.; López-González, AA.; Fuentes-Jiménez, FJ.; Aguiló, A.; Álvarez-Fernández, C.; Molina-Recio, G.; Bennasar-Veny, M. Validation of a non-invasive method for the early detection of metabolic syndrome: a diagnostic accuracy test in a working population. *BMJ open* 2018;8(10):e020476. doi: 10.1136/bmjopen-2017-020476; IF: 2.376; Category: Medicine, General & Internal; Position: 50/160; Rank: Q2
13. Castro-Sánchez E, Bennasar-Veny M, Smith M, Singleton S, Bennett E, Appleton J, Hamilton N, McEwen J, Gallagher R. European Commission guidelines for the prudent use of antimicrobials in human health: a missed opportunity to embrace nursing participation in stewardship. *Clin Microbiol Infect.* 2018 Aug;24(8):914-915. doi: 10.1016/j.cmi.2018.02.030; IF: 5.390; Category: Infectious Diseases; Position: 7/88; Rank: D1
14. Blanco-Mavillard I, Bennasar-Veny M, De Pedro-Gómez JE, Moya-Suarez AB, Parra-García G, Rodríguez-Calero MÁ, Castro-Sánchez E. Implementation of a knowledge mobilization model to prevent peripheral venous catheter-related adverse events: PREBACP study-a multicenter cluster-randomized trial protocol. *Implement Sci.* 2018;25;13(1):100. doi: 10.1186/s13012-018-0792-z; IF: 4.350; Category: Health Care & Services; Position: 10/94; Rank: Q1
15. Navas A, Artigues C, Leiva A, Portells E, Soler A, Cladera A, Ortas S, Alomar M, Gual M, Manzanares C, Brunet M, Julià M, López L, Granda L, Bennasar-Veny M, Carrascosa MC. Effectiveness and safety of moderate-intensity aerobic water exercise during pregnancy for reducing use of epidural analgesia during labor: protocol for a randomized clinical trial. *BMC Pregnancy Childbirth.* 2018;18(1):94. doi: 10.1186/s12884-018-1715-3; IF: 2.330; Category: Obstetrics & Gynecology; Position in category: 31/82; Rank: Q2
16. Riera-Sampol A, Tauler P, Bennasar-Veny M, Leiva A, Artigues-Vives G, De Pedro-Gómez J, Pericas J, Moreno C, Arbos MT, Aguiló A. Physical activity prescription by primary care nurses using health assests: Study design of a randomized controlled trial in patients with cardiovascular risk factors. *Journal of Advanced Nursing* 2017; 73(3):2191-2402; IF: 2.267; Category: Nursing; Position: 7/118; Rank: D1
17. García-Toro M, Vicens-Pons E, Gili M, Roca M, Serrano-Ripoll MJ, Vives M, Leiva A, Yáñez AM, Bennasar-Veny M, Oliván-Blázquez B. Obesity, metabolic syndrome and Mediterranean diet: Impact on depression outcome. *J Affect Disord.* 2016; 194:105-8. doi: 10.1016/j.jad.2015.12.064; IF: 3.432; Category: Clinical Neurology; Position: 55/195; Rank: Q2
18. Fuster-Parra P, Tauler P, Bennasar-Veny M, Ligeza A, Lopez-Gonzalez AA, Aguiló A. Bayesian network modeling: A case study of an epidemiologic system analysis of cardiovascular risk. *Computers Methods and Programs in Biomedicine.* 2016;126:128-142. doi: 10.1016/j.cmpb.2015.12.010; IF: 2.503; Category: Computer, Theory and Methods; Position: 21/104; Rank: Q1
19. Bennasar-Veny M, Gonzalez-Torrente S, De Pedro-Gomez J, Morales-Asencio JM, Pericas-Beltran J. Using knowledge as the basis for evidence-based practice in primary care nurses. *Int Nurs Rev.* 2016 Jun;63(2):250-8. doi: 10.1111/inr.12263; IF: 1.517; Category: Nursing; Position: 30/116; Rank: Q2
20. Fuster-Parra P, Bennasar-Veny M, Tauler P, Yañez A, López-González AA, Aguiló A. A comparison between multiple regression models and CUN-BAE equation to predict body fat in adults. *PLoS One.* 2015 Mar 30;10(3):e0122291. doi: 10.1371/journal.pone.0122291; IF: 3.057; Category: Multidisciplinary sciences; Position: 11/63; Rank: Q1

C.2. Research projects and grants

1. **Project title:** Effectiveness and cost-utility of nursing intervention based on social prescription of health assets and lifestyles modification to reduce glycemia in prediabetes (PREDIAPS). **Reference:** PI18/01209. **Funding agency:** Instituto de Salud Carlos III. Ministerio de Economía, Industria y Competitividad. **PI:** M. Bennasar-Veny. **Financing:** 38.720 euros. **Duration:** 2019-2022



2. **Project title:** Development and evaluation of a low intensity, multifaceted, digital health intervention to prevent type 2 diabetes mellitus in the primary care setting: the PREDIABETEX study. **Reference:** SYN20/04. **Funding agency:** Instituto de Investigación Sanitaria Illes Balears (IdISBa), Convocatoria de Proyecto Synergia. **PI:** I. Ricci Cabello. **Financing:** 80.000euros. **Duration:** 2021-2023. **Participation:** Researcher.
3. **Project title:** Effectiveness of a Mobile-based intervention on Mental Health in Frontline Healthcare Workers Against COVID-19. **Reference:** COVID19/06. **Funding agency:** Instituto de Investigación Sanitaria Illes Balears (IdISBa). **PI:** I. Ricci Cabello. **Financing:** 48.500euros. **Duration:** 2020-2021. **Participation:** Researcher.
4. **Project title:** the "TECH" program within the INTRESS project. **Reference number:** TECH18/04. **Funding agency:** Instituto de Investigación Sanitaria Illes Balears (IdISBa). Call for talent for the medicine within the future (ESF Operational Program 2014-2020 of the Balearic Islands). **PI:** M. Bennasar-Veny. **Financing:** 81.232,59 euros. **Duration:** 2019-2022
5. **Project title:** Innovation and knowledge transfer in Information and Communication Technology for homecare hospitalization. **Reference number:** GECT/AMI/PM/GP/2015/00082. **Funding agency:** Euroregion Pyrénées-Méditerranée. **PI:** M. Bennasar Veny. **Financing:** 10.000euros. **Duration:** 2015-2017
6. **Project title:** Evaluación de la eficacia de una intervención breve multifactorial en el aumento de la adherencia a la prescripción de ejercicio físico en pacientes con riesgo cardiovascular moderado-alto (ACTIVOS). **Reference:** PI13/01477. **Funding agency:** Instituto de Salud Carlos III. Ministerio de Economía, Industria y Competitividad. **PI:** M. Bennasar-Veny. **Financing:** 51.667 euros. **Duration:** 2014-2017. **Participation:** Researcher.
7. **Project title:** Evaluación de los efectos de la ingesta de cafeína y la actividad física sobre el estado inflamatorio del organismo (CAFINEX). **Reference number:** DEP2013-45966-P. **Funding agency:** Ministerio de Economía y Competitividad (MINECO). **PI:** P. Tauler Riera. **Financing:** 36.300 euros. **Duration:** 2014-2017. **Participation:** Researcher.
8. **Project title:** Primary Care Prevention and Health Promotion Network (redIAPP). **Reference number:** redIAPP, RD16/0007/008. **PI:** J. Llobera Cáneves. **Funding agency:** Instituto de Salud Carlos III. Ministerio de Economía, Industria y Competitividad and European Union ERDF funds. **Financing:** 30.311 euros yearly. **Duration:** yearly since 2016.
9. **Project title:** Fortalecimiento institucional de la Universidad de El Alto (UPEA) en materia de innovación docente e investigación en salud. **Reference number:** OCDS-CUD2019/12. **PI:** M. Bennasar Veny. **Funding agency:** Balearic Islands Government. **Financing:** 8.700 euros. **Duration:** 2019-2021

C.5, C.6, C.7 (e. g., Institutional responsibilities, memberships of scientific societies...)

Institutional responsibilities

1. Head of the Nursing and Physiotherapy Department in the UIB.
2. Director of the PhD program "Salud Global, Servicios de Salud y Atención Sociosanitaria" in the UIB.

Membership of scientific societies

1) Member of the European Society for Prevention Research (EUSPR); 2) the European Academy of Nursing Science and 3) Spanish Epidemiology Society (SEE).

Awards and Honours

1. *Jean Dusset* Award to the best PhD in medicine and allied sciences.
2. Award to the best scientific career by the Real Academia de Medicina de las Islas Baleares (2021).
3. Award for the best project to promote healthy lifestyles among university students. Nutrition, Physical Activity and Obesity Prevention Strategy (NAOS), Spanish Agency for Food Safety and Nutrition (AECOSAN), Spanish Ministry of Health (Spain, 2019).