

# Pol Herrero

[pol.herrero@upf.edu](mailto:pol.herrero@upf.edu)

+34 608 792 254

ORCID Number: 0009-0009-2892-1657

Update date: 25/11/2025

## **Current position**

- 2nd year **Ph.D. candidate in philosophy** at Pompeu Fabra University (UPF), Humanities department, Barcelona.
  - Title of the thesis: Ameliorating the construct of Internalized Stigma. Autism as a case study.
  - Under the supervision of Marta Jorba, Ph.D.
  - Funded with Ayudas Joan Oró para la contratación de personal investigador predoctoral en formación (**FI 2024**).
- Junior Member at the Research Group of Analytic Philosophy (**LOGOS**), Universitat de Barcelona, and Ph.D. student at Inner Speech In Action: New Perspectives (**INACT**)

## **Education**

2021-2021 **Neuroscience Master's Degree**, Biology Faculty, UB

- Enrolled in 22.5 credits (courses related to Neurobiology of senses and clinical psychology).

2019-2021 – **Cognitive Science and Language Master's Degree**, Philosophy Faculty, UB

- Specialization in Psychology
  - Master's Thesis: "People are predominately wrong when making inferences towards uncertain situations during the COVID-19 pandemic. A Heuristics and Biases approach."
- Supervisors: Dr. Josep Demestre (URV) & Dr. Thomas Sturm (UAB)

2015-2019 – **Psychology Degree**, Blanquerna, Ramon Llull

- Bachelor's Degree Thesis: Moral Values and Politics: egalitarianism and egoism evaluation differences between conservatism and progressivism via the Ultimatum Game
- Supervisor: Dr. Ignasi Ivern (Blanquerna)

## **Work Experience**

06/2024 – Currently employed – **Ph.D. student** at Universitat Pompeu Fabra under the supervision of Marta Jorba, Ph.D.

- Funded with the FI grant, 2024.
  - FI became effective in June, 2024.
- Specialized in philosophy of psychiatry and internalized stigma

03/2022 – 09/2023 – **Clinical Researcher** at SOCRATES project, Vall d'Hebron Research Institute, Barcelona

- Project funded by the European Commission (**Horizon 2020**)
- Objective of the project: validate a VR platform, ConVRself, to help people living with obesity enhance their self-efficacy and motivation to change.
- Main tasks:
  - Writing journal publications, making journal submissions, and reviewing processes
  - Writing Deliverables to the European Commission with the results from different work-packages
  - Carrying out multiple qualitative and quantitative data analyses with SPSS
  - Participation in conferences, seminars, and poster presentations both around Spain and Europe
  - Contribution to the Data collection with hospitalized patients from the Obesity Unit
  - Work-package leader (Work Package 6: Dissemination, communication and exploitation)
- Principal Investigator: Pilar Lusilla Palacios

03/2021-03/2022 – **Project Manager** at AdSalutem Institute

- Main tasks:
  - Coordination of scientific projects carried out between Adsalutem and other institutions such as the Hospital de Sant Joan de Déu, l'Institut de Microcirurgia Ocular, or Aptima de Terrassa
  - Participation in the execution of some research projects during the data collection process.

01/2021 – 03/2021 – **Assistant researcher** at the Zoo de Barcelona.

- Brief participation in the assistance of the data collection with zebras to study social cognition and object permanence.

## **Publications**

Anastasiadou D, **Herrero P**, Garcia-Royo P, Vázquez-De Sebastián J, Slater M, Spanlang B, Álvarez de la Campa E, Ciudin A, Comas M, Ramos-Quiroga JA, Lusilla-Palacios P Assessing the Clinical Efficacy of a Virtual Reality Tool for the Treatment of Obesity: Randomized Controlled Trial. **J Med Internet Res** 2024;26:e51558 doi: 10.2196/51558 PMID: 38578667 – **Q1; I.F 7.4**  
<https://www.jmir.org/2024/1/e51558>

Anastasiadou, D., **Herrero, P.**, Vázquez-De Sebastián, J., Spanlang, B., Alvarez De la Campa, E., Slater, M., Ramos-Quiroga, A., & Lusilla-Palacios, P. (2022). *Virtual Self-Conversation Using Motivational Interviewing Techniques to Promote Healthy Eating And Physical Activity: A Usability Study*. **Frontiers in Psychiatry**, 2023. – **Q1, I.F. 6.2**  
<https://www.frontiersin.org/journals/psychiatry/articles/10.3389/fpsy.2023.999656/full#ref1>

## **European Deliverables**

2023 - Writing and editing of a **Horizon 2020 Deliverable** for the European Commission. Work-package 5: Clinical Validation

Title: Deliverable 5.2: Clinical System Report

2022 - Writing and editing of a **Horizon 2020 Deliverable** for the European Commission. Work Package 6: Dissemination, communication and exploitation

Title: Deliverable 6.3: Overview of dissemination and communication activities.

## **Conference speaker and organization and poster presentations**

11/2025 – **Conference speaker** at Barcelona Pensa – Pati Manning, Barcelona

Title of the presentation: Comunicació, parla interna i estigma en salut mental

11/2025 – **Discussant** at XVIII NOMOS Meeting: Katharine Jenkins' Ontology and Oppression: Race, Gender, and Social Reality – Universitat de Barcelona

Discussing on Matthew Andler's paper "A Kind of Love".

10/2025 – **Conference speaker** at Sociedad Española de Filosofía Analítica – Universidad de Sevilla

Title of the presentation: Who gets to experience internalized stigma and who doesn't?

10/2025 – **Conference speaker** at Workshop Getting Your Act Together II: Affect, Agency and Inner Speech – UPF, Barcelona

Title of the presentation: On the conceptualization of Internalized Stigma

09/2025 – **Conference speaker** at Società Italiana di Filosofia Analitica – Università degli studi di Torino

Title of the presentation: Who gets to experience internalized stigma and who doesn't?

04/2025 – **Co-organization and chair** with Daphne Bernués of the XXII Taller d'Investigació en Filosofia – UPF, Barcelona

03/2023 – **Chair** at European Psychiatry Association – Palais des Congrès, Paris

Poster presentation moderator at 06-E-Poster from E-mental Health 03 session

03/2023 – **Conference Speaker** at European Psychiatry Association – Palais des Congrès, Paris

Title presentation: Virtual self-conversation to support people living with obesity when starting their change process towards a healthier lifestyle: Preliminary results of a longitudinal study

01/2023 – **Conference speaker** at 8ª Jornada d'Obesitat de l'Hospital Universitari Vall d'Hebron – Hospital Universitari Vall d'Hebron, Barcelona

Title presentation: Un nuevo abordaje para la gente que vive con obesidad: proyecto SOCRATES

11/2022 – **Conference Speaker** at XVII congreso nacional SEEDO – NH Collection Barcelona Constanza, Barcelona

Title presentation: La autoconversación motivacional en realidad virtual para pacientes con obesidad: resultados preliminares del proyecto SOCRATES.

03/2022 – **Conference speaker** at 7ª Jornada d'Obesitat de l'Hospital Universitari Vall d'Hebron – Hospital Universitari Vall d'Hebron, Barcelona

Title presentation: Un nuevo abordaje terapéutico para la obesidad

05/2022 – **Poster Presentation** at European Psychiatry Association (online)

Title of the poster presentation: Can the Integration of Motivational Interviewing Skills in a Virtual Self-Conversation be effective in promoting lifestyle changes among healthy adults and patients with obesity? A Usability Study

02/2022 – **Conference Speaker** at Behavioral Sciences Seminar – Maastricht University (online)

Title presentation: Are you sure? Heuristics & Biases and COVID-19

06/2021 – **Conference Speaker** at Third Filo-Lab International Doctoral Summer School, Universidad de Granada – Universidad de Granada (online)

Title presentation: Are you sure? Heuristics & Biases and COVID-19

### **Teaching experience**

2025-2026 – Seminar professor, Contemporary Thought course - Global Studies Program, UPF, Barcelona.

2024-2025 – Seminar professor, Contemporary Thought course - Global Studies Program, UPF, Barcelona.

### **Organization of other activities**

(yearly) 2025 – **Co-organization** with Margherita Grassi of the LOGOS Reading group "Evaluating Others: Oppression, Stigma, and the Affective Politics of Marginalization."

(yearly) 2025 – **Organization** of Seminaris Doctorals del Departament d'Humanitats de l'UPF

### **Awards and Certifications**

- Successful candidate for the Ayudas Joan Oró para la contratación de personal investigador predoctoral en formación (FI 2024)
- IELTS Academic global score: 8
- Normas de buena práctica clínica – The Global Health Network