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Dr. S. Almeida is a Consultant Psychiatrist at the Psycho-Oncology Service at Instituto Português de Oncologia – Porto (IPOP), since 2009 and at Hospital Cuf Porto, since 2011.

She obtained her Medical Degree in 1998, at the University of Porto, Faculty of Medicine (FMUP). After her two years clinical internship, she undertook 30 months clinical training in Medical Oncology at IPOP, and then completed her Master Degree, with honours, in Molecular Medicine/Oncobiology. She then moved to the UK to train Psychiatry at the South London and the Maudsley NHS Foundation Trust and she is a Member of the Royal College of Psychiatrists since 2007. She also worked as a research fellow at the Institute of Psychiatry, King's College, London, studying the effects of antidepressants in impulsivity, memory and attention. She was a member of the British Association of Psychopharmacology in 2006-2007. She returned to Portugal in 2008 and became Consultant in Psychiatry in 2009 (Portuguese Medical Board, with honours). Member of board of the Portuguese Academy of Psycho-Oncology since 2012 and of the Portuguese Sleep Association since 2011.

Invited Lecturer at the University of Porto, Faculty of Medicine (Department of Clinical Neurosciences, Psychiatry and Mental Health) since 2001, with pre-grad and post-grad teaching duties in Medical Psychology, Clinical Communication and Psychiatry.

Her research subjects are psycho-oncology, neuropsychiatry, clinical communication, the neurobiology of depression and psychopharmacology. She has many national and international communications / presentations, book chapters and several peer-review indexed publications in these fields.