



Bioarabako  
**ikerkuntza eta berrikuntza jardunaldiak**  
jornadas de investigación e innovación  
de Bioaraba

Eusko Jaurlaritzako Osasun Sailak  
esleitutako interes sanitarioaren aitormena

Reconocido de interés sanitario por el  
Departamento de Salud del Gobierno Vasco

# Sari-banaketa • Entrega de premios

Antolatzaileak / Organizadores



**bioef**



Laguntzaileak / Colaboradores





# Artikulu Nazionala Onena

## Mejor Artículo Nacional

# Julia Amaranta García Fuertes

Mediku espezialista · Arabako ESiko Pneumologia Zerbitzua

Médico especialista · Servicio de Neumología de la OSI Araba

## ¿Cómo realizamos el cribado de infección tuberculosa latente en pacientes candidatos a terapias biológicas en España? Una encuesta multidisciplinar

Archivos de Bronconeumología. 2018;54(10):510–517



# Lucas Tojal Sierra

Mediku especialista · Arabako ESiko Kardiologia Zerbitzua  
Médico especialista · Servicio de Cardiología OSI Araba

## Asociación del consumo máximo de oxígeno con la actividad física y el sedentarismo en el síndrome metabólico. Utilidad de los cuestionarios

Rev Esp Cardiol. 2018. <https://doi.org/10.1016/j.recesp.2018.08.014>

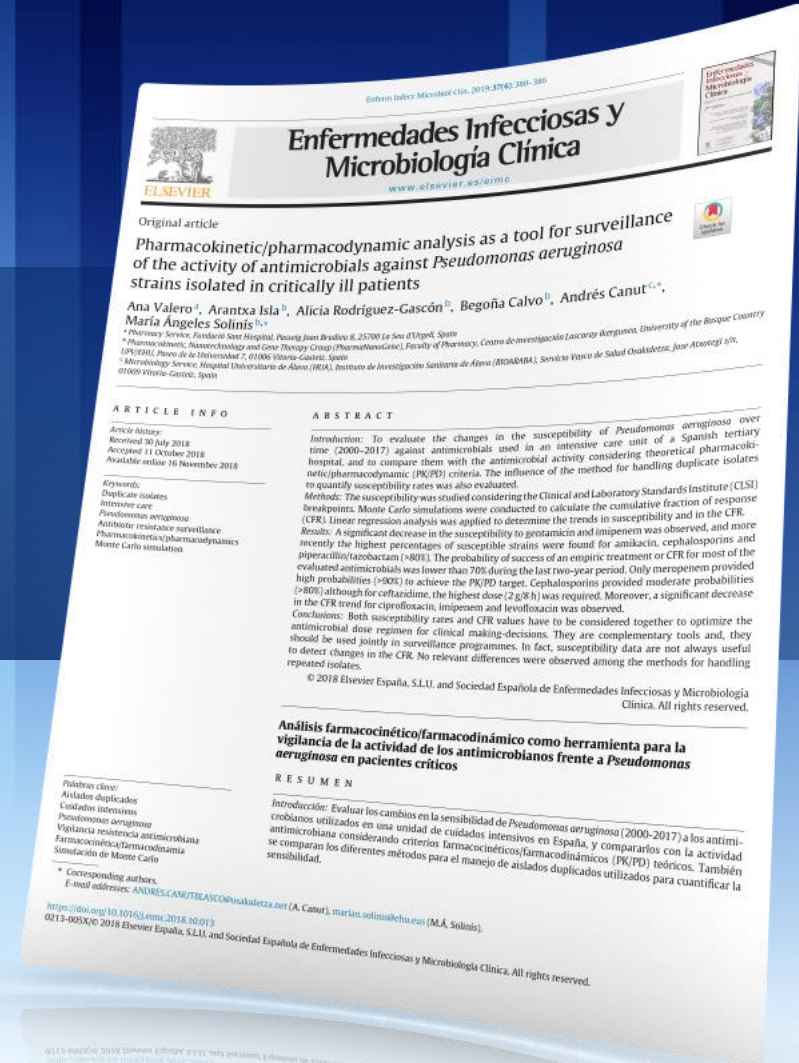


# María Ángeles Solinís Aspiazu

Farmazia Fakultatea, Farmazia eta Elikagaien Zientzia Saila, UPV/EHU  
 Facultad de Farmacia, Dpto. de Farmacia y Ciencia de los Alimentos  
 UPV/EHU

Pharmacokinetic/pharmacodynamic analysis as a tool for surveillance of the activity of antimicrobials against *Pseudomonas aeruginosa* strains isolated in critically ill patients

Enferm Infecc Microbiol Clin. 2019;37(6):380–386





# Nazioarteko Artikulu Onena

## Mejor Artículo Internacional

# Guiomar Pérez de Nanclares Leal

Bioarabako Genetika molekularreko eta ikerketa-laboregiko arduraduna

Responsable del Laboratorio de (Epi)Genética Molecular e Investigación de Bioaraba

Parathyroid hormone resistance syndromes e Inactivating PTH/PTHrP signaling disorders (iPPSDs)

Best Practice & Research Clinical Endocrinology & Metabolism 32 (2018) 941e954



# Itxaso García Orue

Farmazia Fakultatea, Farmazia eta Elikagaien Zientzia Saila, UPV/EHU

Facultad de Farmacia, Dpto. de Farmacia y Ciencia de los Alimentos  
UPV/EHU

## Composite nanofibrous membranes of PLGA/Aloe vera containing lipid nanoparticles for wound dressing applications

International Journal of Pharmaceutics 556 (2019) 320–329



# Ana M<sup>a</sup> González-Pinto

Arabako ESiko Psikiatria Zerbitzuko atalburua

Jefa de Sección del Servicio de Psiquiatría de la OSI Araba

## Can lithium salts prevent depressive episodes in the real world?

European Neuropsychopharmacology (2018) 28, 1351–1359





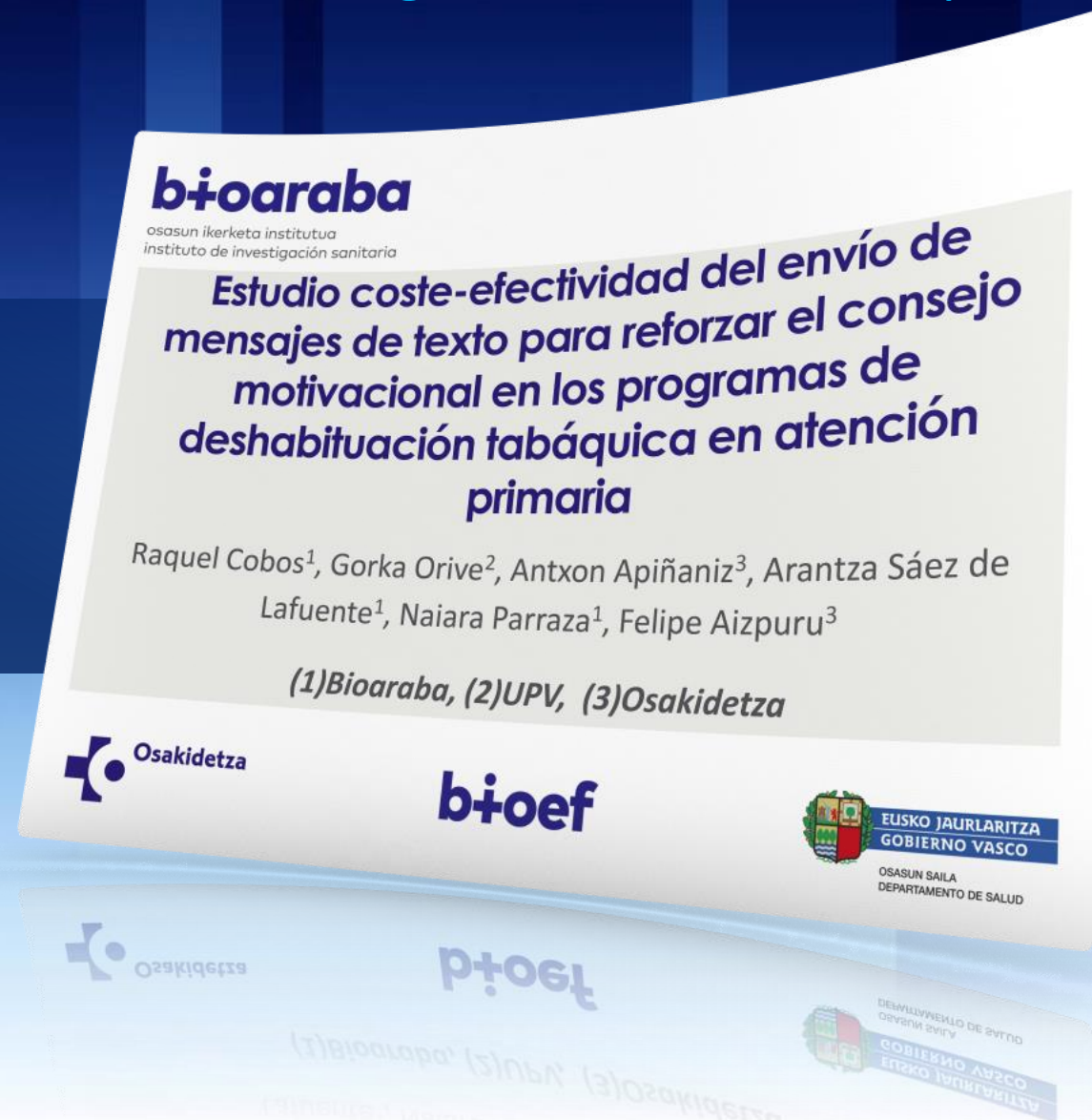
# Poster/komunikazio onena Kongresu Nazionalean

## Mejor póster/comunicación Congreso Nacional

# Raquel Cobos Campos

Bioarabako Metodologia eta Estatistika Unitatea  
Unidad de Metodología y Estadística de Bioaraba

Estudio coste-efectividad del envío de mensajes de texto para reforzar el consejo motivacional en los programas de deshabituación tabáquica en Atención Primaria



# Poster/komunikazio onena Kongresu Nazionalean Mejor póster/comunicación Congreso Nacional

2. saria  
2º premio



## Itxaso González Ortega

Doktoretza osteko ikertzailea UPV/EHU

Investigadora Postdoctoral UPV/EHU

Tratamiento psicológico cognitivo-conductual vs. Psicoeducación para pacientes con primeros episodios psicóticos y abuso de cannabis



# Poster/komunikazio onena Kongresu Nazionalean Mejor póster/comunicación Congreso Nacional

1. saria  
1<sup>er</sup> premio



## Itxaso González Ortega

Doktoretza osteko ikertzailea UPV/EHU

Investigadora Postdoctoral UPV/EHU

### e-enseñanza y desarrollo de un programa psicoeducativo basado en la evidencia en primeros episodios psicóticos





# Nazioarteko Kongresuko poster/komunikazio onena

## Mejor póster/comunicación Congreso Internacional

# Itxaso González Ortega

Doktoretza osteko ikertzailea UPV/EHU

Investigadora Postdoctoral UPV/EHU

Cognitive behavioral therapy program for cannabis use cessation vs. psychoeducation for first-episode psychosis patients

**Cognitive behavioral therapy program for cannabis use cessation vs. psychoeducation for first-episode psychosis patients**

González-Ortega I<sup>1,2,3\*</sup>, Echeburúa E<sup>1,2</sup>, Alberich S<sup>1,2</sup>, Vega P<sup>1</sup>, Fernández J<sup>1,2</sup>, Zugasti I<sup>1,2</sup>, González-Pinto A<sup>1,2</sup>

<sup>1</sup> Department of Psychiatry, Araba University Hospital, Centre for Biomedical Research in the Mental Health Network (CIBERSAM)  
<sup>2</sup> University of the Basque Country  
<sup>3</sup> National Distance Education University (UNED)

**Objectives**  
The objective of the study was to assess the comparative efficacy of a cognitive-behavioral treatment (CBT) program for cannabis use cessation (experimental group) in relation to Psychoeducation (standard group) in first episode psychosis patients (FEP).

**Methods and materials**  
70 FEP were randomly assigned to one of the two treatment groups (37 were included in experimental group and 33 in standard group) and were assessed with an assessment protocol for gathering data on clinical, functional and variables related to cannabis use (baseline and post-treatment).  
Severity of cannabis use was assessed by EuroASI Addiction Severity Index. Psychotic symptoms were measured using Positive and Negative Syndrome Scale (PANSS), depressive and manic symptoms were measured by Hamilton Depression Scale (HAM-D) and Young Mania Rating Scale (YMRS) respectively. Hamilton Anxiety Scale (HAM-A) was used to assess anxiety symptoms and psychosocial functioning was assessed using Functioning Assessment Short Test (FAST).  
CBT for cannabis use cessation was focused on reducing the cannabis use, improving awareness of illness, adherence to treatment, identification of prodromes, psychosocial functioning improvement and relapse prevention. Psychoeducation was intended to provide the patient with tools and skills to symptoms management to avoid relapse and contribute to their wellbeing.  
The effectiveness of both interventions was compared by using regression analysis and Student's t-Tests.

**Results**  
CBT group showed a greater reduction in the severity of cannabis use compared to the standard group ( $B = -3.367$ ;  $p = 0.00$ ), less psychotic symptoms ( $t = -2.808$ ,  $p = .007$ ), and better functionality ( $t = -2.721$ ,  $p = .008$ ) in the post-treatment. No differences were found in depressive, anxious or manic symptomatology (Table 1).

**Table 1. Comparison of symptoms and functioning of patients (TCC vs. Psychoeducation)**

Clinical scales (M, SD)	Post		T, p-value
	CBT	Psychoeducation	
PANSS-PP	7.89 (1.84)	10.07 (4.00)	$t = -2.721$ , $p = 0.010$
PANSS-PI	11.29 (5.25)	13.66 (5.83)	$t = -1.710$ , $p = 0.092$
PANSS-PG	21.68 (6.47)	26.86 (8.18)	$t = -2.808$ , $p = 0.007$
Ham-D	5.63 (6.32)	7.57 (6.13)	$t = -1.229$ , $p = 0.224$
Ham-A	4.17 (5.13)	5.69 (4.86)	$t = -1.207$ , $p = 0.232$
YMRS	1.46 (3.74)	2.59 (3.62)	$t = -1.220$ , $p = 0.227$
FAST	16.06 (15.61)	27.10 (16.82)	$t = -2.721$ , $p = 0.008$

**Conclusions**  
The intervention focused on the management of cannabis use is essential to prevent relapses and to improve the prognosis of FEP patients.



# Lucas Tojal Sierra

Mediku espezialista · Arabako ESiko Kardiologia Zerbitzua

Médico especialista · Servicio de Cardiología de la OSI Araba

Physical activity in leisure time: complying with the  
recommendations of clinical practice guidelines increases  
maximum oxygen consumption

**TITLE:** Physical activity in leisure time: complying with the recommendations of clinical practice guidelines increases maximum oxygen consumption.

**AUTHORS:** L. Tojal <sup>1</sup>, I Salaverría <sup>2</sup>, A Alonso-Gómez <sup>1,2</sup>, P.Bruey <sup>1,2</sup>, F. Arós <sup>1,2</sup>  
<sup>1</sup> CIBEROBN, <sup>2</sup> Department of Cardiology, OSI Araba, University Hospital Araba, Vitoria-Gasteiz, Spain

**INTRODUCTION/OBJECTIVES:** The promotion of physical activity is a universal recommendation for prevention of cardiovascular diseases. Clinical practice guidelines recommend at least 150 min/week of moderate or severe physical activity or  $\geq 75$  min of severe intensity. Our objective was to analyze whether reaching the physical activity levels recommended in the clinical practice guidelines evaluated by validated questionnaires and accelerometry, is associated with higher level of VO<sub>2</sub> max.

**METHODS:** We conducted a prospective cross-sectional study of 243 participants in the PREDIMED PLUS study (site: Vitoria-Gasteiz), (82 women), 65  $\pm$  4,9 years old, with metabolic syndrome and overweight/obesity. They performed a maximum exercise testing with expired gas analyses. Physical activity in leisure time was evaluated using subjective methods: self-reported questionnaires REGICOR and RAPA 1 and objective methods: chair test and accelerometry (91 subjects). Sedentarism was analyzed with the Nurses Health Study questionnaire and accelerometry

**RESULTS:** The subjects who claimed to comply with the recommendations of the PA guidelines in the REGICOR questionnaire achieved higher maximum oxygen consumption (21.3  $\pm$  4.6 vs 18  $\pm$  4.4 ml/kg/min; P < .001) and those who reported more physical activity in the RAPA 1 test showed a maximum oxygen consumption 18% higher than the less active group (P < .001). However, those who performed  $\geq 150$  min/week of moderate/intense physical activity by accelerometry did not differ significantly from those who did not, (21.1  $\pm$  4.7 vs 19.9  $\pm$  4.7 ml/kg/min; P:0.644)

**CONCLUSIONS:** Subjects with metabolic syndrome and overweight/obesity who claim to meet PA recommendations in the REGICOR and RAPA tests achieve higher maximum oxygen consumption

**ACKNOWLEDGMENTS:** CIBER de Fisiopatología de la Obesidad y Nutrición (CIBEROBN), Instituto Carlos III, Madrid, Spain.

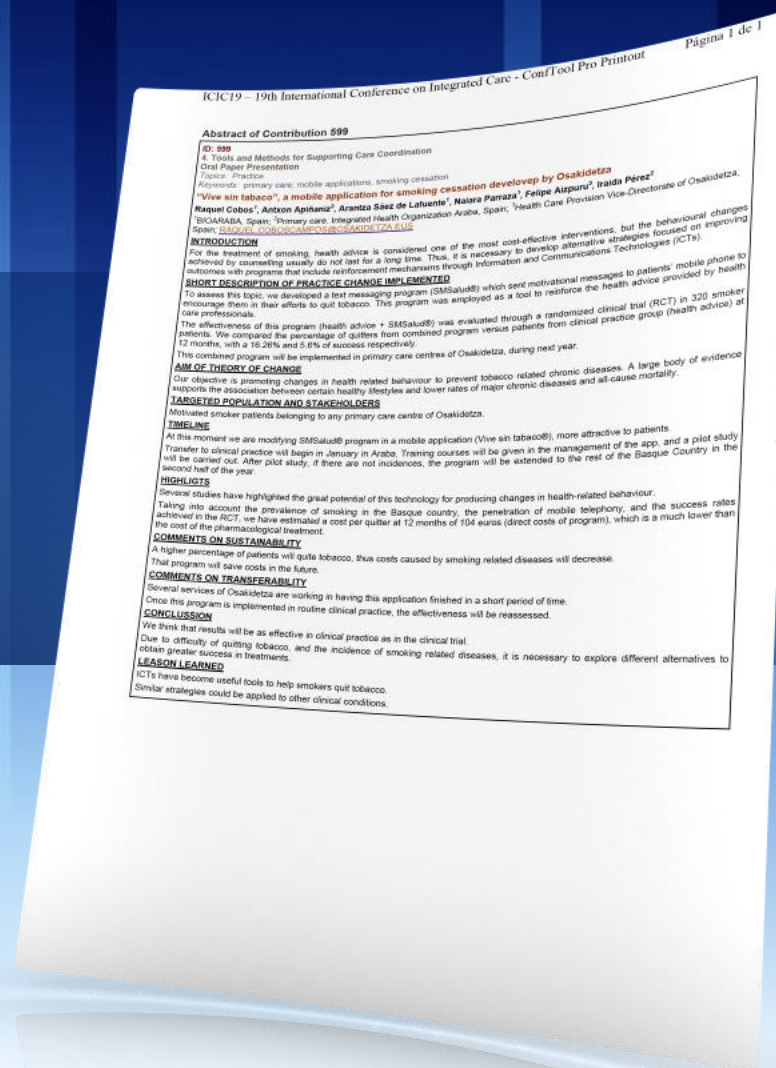
e-mail: L. Tojal Sierra: lutojal@hotmail.com

# Raquel Cobos Campos

Bioarabako Metodologia eta Estatistika Unitatea

Unidad de Metodología y Estadística de Bioaraba

*“Vive sin tabaco”, a mobile application for smoking cessation developed by Osakidetza*





# Ikerkuntza Proiektu Onena

## Mejor Proyecto de Investigación

# Trastorno bipolar, estilo de vida y estrés oxidativo

**Ana M<sup>a</sup> González-Pinto**

Arabako ESIko Psikiatria Zerbitzuko atalburua

Jefa de Sección del Servicio de Psiquiatría de la OSI Araba



# Berrikuntza Proiektu Onena Mejor Proyecto de Innovación

***Smart Remote Treatment:***  
**medicina personalizada**  
**para el tratamiento de**  
**pacientes con trastorno**  
**bipolar**

**Ana M<sup>a</sup> González-Pinto**

Arabako ESIko Psikiatria Zerbitzuko atalburua

Jefa de Sección del Servicio de Psiquiatría de la OSI Araba



# Nabarmentzen hasitako Ikertzaile Onena

## Mejor Investigador/Investigadora Emergente



Nabarmentzen hasitako Ikertzaile Oena  
Mejor Investigador/Investigadora Emergente

# Ana M<sup>a</sup> Del Pozo Rodríguez

Farmazia Fakultatea, Farmazia eta Elikagaien Zientzia Saila, UPV/EHU

Facultad de Farmacia, Dpto. de Farmacia y Ciencia de los Alimentos, UPV/EHU



# Doktorego-tesi Onena 2018

## Mejor Tesis Doctoral 2018

# Itxaso García Orue

UPV/EHU



# Berrikuntzaren Ideia Onena

## Mejor Idea de Innovación

**Proyecto Desarrollo  
Solución Banco de  
Imágenes**

**Fernando Martínez Carballal**

**Ireide Aldazabal Muniategui**

Arabako ESIko Informatika Zerbitzua

Servicio de Informática de la OSI Araba



# Denbora-bonuak | Ikerketa

## Bonos de tiempo | Investigación

**Ana M<sup>a</sup> González-Pinto Arrillaga**

**Ignacio Díez López**

**Unax Lertxundi Etxebarria**

**Janire Irigoien Aguirre**

**Mikel García Corres**

**César Rodríguez Núñez**

**Marta Martín Martínez**

**Lucas Tojal Sierra**

**Estíbaliz Cristóbal Domínguez**



# Denbora-bonuak | Berrikuntza

## Bonos de tiempo | Innovación



Denbora-bonuak | Berrikuntza  
Bonos de tiempo | Innovación

**Ignacio Díez López**

**Estíbaliz Cristóbal Domínguez**

**Marta Mendaza Martínez**

**César Rodríguez Núñez**