

Date Submitted: 2025-01-28 17:47:46

Confirmation Number: 1901657

Template: Full CV

Dr. Vagner Deuel De Oliveira Tavares

Correspondence language: English

Sex: Male

Date of Birth: 7/05

Canadian Residency Status: Work Permit

Applied for Permanent Residency?: No

Country of Citizenship: Brazil

Contact Information

The primary information is denoted by (*)

Address

Home (*)

121 13 AVE SW

Unit 1009

Calgary Alberta T2R 0Z2

Canada

Telephone

Mobile (*) +1-587-8996056

Email

Personal (*) deultavares@gmail.com

Dr. Vagner De Oliveira Tavares

Language Skills

Language	Read	Write	Speak	Understand	Peer Review
English	Yes	Yes	Yes	Yes	
Portuguese	Yes	Yes	Yes	Yes	

Degrees

2024/9 (2025/8)	Post-doctorate, Health Science, The University of Calgary Degree Status: In Progress Supervisors: Colleen Cuthbert
2021/8 - 2024/7	Doctorate, Doctor of Psychobiology, Federal University of Rio Grande do Norte Degree Status: Completed Transferred to PhD without completing Masters?: No Supervisors: Nicole Leite Galvão Coelho
2016/9 - 2019/7	Master's Thesis, Health Science, Federal University of Rio Grande do Norte Degree Status: Completed Supervisors: Eduardo Bodnariuc Fontes
2012/8 - 2016/8	Bachelor's, Kinesiology, University of Mauricio de Nassau Degree Status: Completed Supervisors: Pedro Agricola

Credentials

2024/6 - 2024/6	Advanced Meta-Analysis, Columbia University Research Disciplines: Epidemiology and Biostatistics
-----------------	---

User Profile

Research Specialization Keywords: Cancer Research, Multimorbidity, Health outcomes, Health disparities, Epidemiology, Mental Health, Statistical Analysis, Mental and Physical Health Integration, Health Equity, Public Health

Disciplines Trained In: Psychiatry, Kinesiology, Psychology, Endocrinology, Epidemiology and Biostatistics, Oncology

Research Disciplines: Psychiatry, Psychology, Oncology, Physiology, Epidemiology and Biostatistics

Areas of Research: Cancer Diagnosis and Detection, Mental Health and Society, Affective and Emotional Development, Communication Disorders, Chemotherapy

Fields of Application: Public Health, Biomedical Aspects of Human Health, Population

Employment

2023/3 - 2023/6	Teaching assistance Physiology, Bioscience, Federal University of Rio Grande do Norte
2022/8 - 2022/12	Teaching assistant Physical Education, Federal University of Rio Grande do Norte

Affiliations

The primary affiliation is denoted by (*)

(*) 2024/9 - 2025/8 Postdoctoral Associate, Faculty of Nursing, The University of Calgary

Student/Postdoctoral Supervision

Bachelor's [n=2]

Co-Supervisor	Elissa Beatriz de Araújo Ribeiro (Completed) , Federal University of Rio Grande do Norte Student Degree Start Date: 2020/7 Student Degree Received Date: 2024/7 Project Description: The objective was to investigate the impact of the combined effect of mindfulness and physical exercise in managing rumination in patients with major depression. Present Position: Student
Co-Supervisor	Renali Camilo Bezerra (Completed) , Federal University of Rio Grande do Norte Student Degree Start Date: 2020/7 Student Degree Received Date: 2024/7 Project Description: The objective was to investigate the Lipid Biomarkers in Depression: Analysis in Patients Under Pharmacotherapy and Physical Exercise Present Position: Student

Mentoring Activities

2023/8 - 2027/8	Collaborator, Federal University of Rio Grande do Norte Number of Mentorees: 2 I will assist in the analysis of biopsychosocial markers that aim to characterize and differentiate patients experiencing depressive episodes, particularly those diagnosed with major depression (MD) or bipolar disorder (BD), in comparison to healthy individuals. My role would include designing and implementing interventions, such as lifestyle-based home therapies, and assisting in the collection and analysis of data related to biomarkers across physiological systems like the immune response, oxidative stress, and hormonal regulation. This collaborative effort would help develop multifactorial predictive models, contributing to the advancement of precision psychiatry by improving diagnosis and treatment approaches
-----------------	---

Community and Volunteer Activities

2021/7 - 2023/3 Helper, Home to help addiction - Cristolandia
 At Home to help addiction, I worked with individuals struggling with drug addiction, implementing physical exercise programs aimed at mitigating the effects of drug withdrawal. My role involved designing and applying tailored exercise regimens that focused on reducing withdrawal symptoms, improving physical health, and enhancing psychological well-being. Through this approach, I contributed to the patients' overall rehabilitation process by promoting healthier coping mechanisms, reducing anxiety and stress, and supporting their recovery journey. This experience allowed me to integrate exercise physiology principles into addiction treatment, addressing both the physical and mental challenges faced during withdrawal.

International Collaboration Activities

2023/6 - 2023/9 Research student, Canada
 To conduct an analysis of mental health outcomes in association with physical activity among adolescents and youth during the COVID-19 pandemic using the Mental Health and Access to Care Survey (MHACS) at the Regional Data Centre in the Taylor Family Digital Library Building. I worked directly with Prof. Scott B. Patten while engaged in these duties.

Presentations

1. (2023). The Incredible World of Systematic Reviews. A Methodological Journey into the Study of Human Behavior, Natal, Brazil
 Main Audience: Knowledge User
 Invited?: Yes
 Funding Sources: Federal university of Rio Grande do Norte - EV242-2023

Publications

Journal Articles

1. Tavares, Vagner Deuel O. ; Colleen Cuthber; Teychenne, Megan & Mats Hallgren. (2025). The effects of exercise on anxiety and depression in adults with cancer: A meta-review of meta- analyses. Journal of Psychosocial Oncology. 0(0): 1-24.
 First Listed Author
 Published,
 Refereed?: Yes
 Number of Contributors: 8
2. Tavares, Vagner Deuel O.; Gonçalves, Kaike Thiê da Costa & Galvão-Coelho, Nicole Leite. (2025). Ketamine's Altered States Meta-Analysis The Relationship Between Psychomimetic and Clinical Effects With Focus in Depression. Journal of Clinical Psychopharmacology. 0(0): 0.
 First Listed Author
 Published,
 Refereed?: Yes
 Number of Contributors: 9

3. Tavares, Vagner; De Souza; Geovan; Shcuch, Felipe et al.,. (2024). Self-Reported Mood and Lifestyle-Related Physical Activity of Young Adults With Major Depressive Disorder. Perceptual and Motor Skills. 131(4)
First Listed Author
Published,
Refereed?: No
Number of Contributors: 15
4. da Costa Gonçalves, K.T., de Tavares, V.D.O., de Moraes Barros, M.L. et al. (2024). Ketamine-induced altered states of consciousness: a systematic review of implications for therapeutic outcomes in psychiatric practices. European Archives Psychiatry Clinical Neuroscience.
Co-Author
Published,
Refereed?: No
Number of Contributors: 12
5. Costa, Rafael Lucas Brasil; da Cruz, Kassio Formiga, Tavares, Vagner Deuel de O. & Browne, Rodrigo Alberto Vieira. (2024). Joint associations of sports participation and smartphone screen time with anxiety among school adolescents. Retos. 61(0): 294-301.
Co-Author
Published,
Refereed?: Yes
Number of Contributors: 12
6. Silva, José; Barbosa, Samuel; Santos, João; Cabral; Ludmila; Silva, Fabio; Tavares, Vagner et al. (2024). **Prevalence and co-occurrence of health risk behaviors among adolescents in the backlands of paraíba, brazil: a school-based descriptive study.** Brazilian Journal of Science and Movement. 32(1)
Co-Author
Published,
Refereed?: No
Number of Contributors: 8
7. Tavares , Vagner; Williams, Jeanne, Sharifi, Vandad et al.,. (2024). Physical activity and mortality in the general population with and without major depressive disorder. Academia Mental Health & Well-being.
First Listed Author
In Press,
Refereed?: No
Number of Contributors: 7
8. Cabral Daniel; Dongshi, Wang; Schuch, Felipe Tavares, Vagner. (2024). The role of physical exercise on the brain and cognitive functions of patients in recovery from substance use disorder: A narrative review and recommendations for researchers and practitioners. Mental Health and Physical Activity. 26
Last Author
Published,
Refereed?: No
Number of Contributors: 4
9. Tavares, Vagner; Cuthbert, Colleen; Teychenne, Megan et al.,. (2024). The effects of exercise on anxiety and depression in adults with cancer: a meta-review of meta-analyses. Journal of Psychosocial Oncology.
First Listed Author
Revision Requested,
Refereed?: No
Number of Contributors: 4

10. Tavares, Vagner; Schuch, Felipe; De Souza, Geovan, et al. (2024). Effectiveness of an affect-adjusted, supervised, multimodal, online and home-based exercise group protocol for major depression: a randomized controlled trial. *Psychology of Sport and Exercise*.
 First Listed Author
 Accepted,
 Refereed?: No
 Number of Contributors: 3

 Funding Sources: Foundation for the Coordination of Higher Education and Graduate Training (CAPES Foundation) (Brazil) - 88887.597821/2021-00
- [11.](#) Cabral, Daniel Rego, Maria; Fontes, Eduardo; Tavares, Vagner. (2024). An overlooked relationship in recovery from substance use disorder: Associations between body mass index and negative emotional states. *Physiology & Behavior*. 273(114383)
 Last Author
 Published,
 Refereed?: No
 Number of Contributors: 4
- [12.](#) Malagodi, Bruno; Greguol, Márcia, Tavares Vagner et al.,. (2024). Can Different Types of Acute Physical Exercise at Moderate Intensity Influence the Inhibitory Control and Craving Levels in Individuals with Substance Use Disorder?. *Journal of Drug Issues*.
 Co-Author
 Published,
 Refereed?: No
 Number of Contributors: 6
13. Tavares, Vagner; Gonçalves, Kaike; Barros, Maria et al. (2024). Ketamine's Altered States Meta-Analysis: The Relationship between Psychomimetic and Clinical Effects with Focus in Depression. *Journal of Clinical Psychopharmacology*.
 First Listed Author
 Revision Requested,
 Refereed?: No
 Number of Contributors: 5
- [14.](#) Tavares, Vagner; Rossell, Susan; Schuch, Felipe et al. (2023). Effects of exercise on cognitive functioning in adults with serious mental illness: A meta analytic review. *Psychiatry Research*. 321(115081)
 First Listed Author
 Published,
 Refereed?: No
 Number of Contributors: 7
- [15.](#) de Sousa, Geovan; Tavares, Vagner; Galvão, Ana et al. (2022). Moderators of ayahuasca's biological antidepressant action. *Frontiers in Psychiatry*. 13
 Co-Author
 Published,
 Refereed?: No
 Number of Contributors: 12
- [16.](#) Gomes, Igor; Tavares, Vagner; Neto, Leonidas et al. (2022). Associations between levels of physical activity and mortality in older adults: a prospective cohort study. *Sport Sciences for Health*. 18: 1061-1070.
 Co-Author
 Published,
 Refereed?: No
 Number of Contributors: 7

17. Gomes, Igor; Neto, Leonidas; Tavares, Vagner et al.,. (2022). Association between low level of physical activity and mobility limitation in older adults: evidence from the SABE study. *Ciência & Saúde Coletiva*. 27(03)
Co-Author
Published,
Refereed?: No
Number of Contributors: 4
18. Neto, Leonidas; Tavares, Vagner; Agricola, Pedro. (2021). Factors associated with inflamm-aging in institutionalized older people. *Scientific Reports*. 11(18333)
Co-Author
Published,
Refereed?: No
Number of Contributors: 9
19. Lucio, Lucas; Moreira, Paulo; Tavares, Vagner et al. (2021). Efeitos do Treinamento de Força com Intensidade Autosselecionada em Paciente Pós Cirurgia Bariátrica: Um Estudo de Caso. *Revista Brasileira de Ciência e Movimento*. 2(29)
Co-Author
Published,
Refereed?: No
Number of Contributors: 6
20. de Sousa, Geovan; Tavares, Vagner; Grilo, Maria et al. (2021). Mental Health in COVID-19 Pandemic: A Meta-Review of Prevalence Meta-Analyses. *Frontiers in Psychology*. 12(703838)
Co-Author
Published,
Refereed?: No
Number of Contributors: 7
21. Tavares, Vagner; Vancampfort, Davy; Hallgren, Mats et al. (2021). Reliability and validity of physical fitness tests in people with mental disorders: A systematic review and meta-analysis. *Physiotherapy Research International*. 1(3): 1-9.
First Listed Author
Published,
Refereed?: No
Number of Contributors: 10
22. Tavares, Vagner; Schuch; Felipe; Vancampfort, Davy et al. (2021). Does being overweight play a role in the reduced inhibitory control of patients receiving treatment for substance use disorder?. *Physiology & Behavior*. 241(6)
First Listed Author
Published,
Refereed?: No
Number of Contributors: 7
23. Gomes, Igor; Tavares, Vagner; Caetano, Genival et al. (2021). Prevalence and Factors Associated to Physical Inactivity in Brazilian Older People Evaluated by Accelerometry: Evidence from the SABE Study. *Revista Brasileira de Ciência e Movimento*. 29(1)
Co-Author
Published,
Refereed?: No
Number of Contributors: 4

- [24.](#) Tavares, Vagner; Schuch, Felipe; Tempest, Gavin. (2021). Exercisers' Affective and Enjoyment Responses: A Meta-Analytic and Meta-Regression Review. *Perceptual and Motor Skills*. 1(2): 1-26.
First Listed Author
Published,
Refereed?: No
Number of Contributors: 7
- [25.](#) Trindade, Thiago; Neto, Leonidas; Pita, José; Tavares, Vagner et al. (2020). Pre-stretching of the Hamstrings Before Squatting Acutely Increases Biceps Femoris Thickness Without Impairing Exercise Performance. *Frontiers in Physiology*.
Co-Author
Published,
Refereed?: No
Number of Contributors: 7
- [26.](#) Neto, Leonidas; Tavares, Vagner ; Schuch, Felipe et al. (2020). Coronavirus Pandemic (SARS-COV-2): Pre-Exercise Screening Questionnaire (PESQ) for Telepresential Exercise. *Frontiers in Public Health*. 8
Co-Author
Published,
Refereed?: No
Number of Contributors: 4
- [27.](#) Neto, Leonidas; Oliveira, Larissa; Agrícola, Pedro; Tavares, Vagner et al. (2020). Factors associated with sarcopenia in institutionalized elderly. *Journal of Public Health*. 1(1): 1-8.
Co-Author
Published,
Refereed?: No
Number of Contributors: 7
- [28.](#) Neto, Leonidas; Tavares, Vagner; Galvão-Coelho, Nicole et al. (2020). Aging and Coronavirus: Exploring Complementary Therapies to Avoid Inflammatory Overload. *Frontiers in Medicine*. 7(354): 1-6.
Co-Author
Published,
Refereed?: No
Number of Contributors: 5
- [29.](#) Schuch, Felipe; Bulzing, Rugero; Meyer, Jacob... Tavares, Vagner et al. (2020). Associations of moderate to vigorous physical activity and sedentary behavior with depressive and anxiety symptoms in self-isolating people during the COVID-19 pandemic: A cross-sectional survey in Brazil. *Psychiatry Research*. 29(113339)
Co-Author
Published,
Refereed?: No
Number of Contributors: 20
- [30.](#) Tavares, Vagner; Costa, Kell; Cabral, Daniel. (2020). Cardiorespiratory Fitness Predicts Higher Inhibitory Control in Patients With Substance Use Disorder. *Journal of Clinical Sport Psychology*. 15(1): 4-19.
First Listed Author
Published,
Refereed?: No
Number of Contributors: 6

31. Tavares, Vagner; Galvão-Coelho, Nicole; Firth, Joseph et al. (2020). Reliability and Convergent Validity of Self-Reported Physical Activity Questionnaires for People With Mental Disorders: A Systematic Review and Meta-Analysis. *Journal of Physical Activity and Health*. 18(1): 109-115.
First Listed Author
Published,
Refereed?: No
Number of Contributors: 8

Book Chapters

1. Ferreira, Sionaldo; Santos, Christian; Tavares, Vagner. (2023). Performance of the physical education professional in rehabilitation centers for mental health and drug abusers. *Physical education*.
Last Author
Published,
Refereed?: No

Thesis/Dissertation

1. Exploring the Adjuvant Effect of Physical Exercise in Patients with Major Depressive Disorder: A Randomized Clinical Trial. (2024). Federal University of Rio Grande do Norte. Supervisor: Nicole Leite Galvão Coelho
Funding Sources: Foundation for the Coordination of Higher Education and Graduate Training (CAPES Foundation) (Brazil) - 88887.597821/2021-00
2. Cardiorespiratory Fitness Predicts Reaction Time on Inhibitory Control in Patients With Substance Use Disorder. (2019). Federal University of Rio Grande do Norte. Supervisor: Eduardo Bodnariuc Fontes

Working Papers

1. (Vagner Deuel de O. Tavares, PhD; Felipe Barreto Schuch, Professor; Geovan Menezes De Sousa, Phd student; Mats Hallgren, Professor; Megan Teychenne, Professor; Raissa Nóbrega Almeida, MSc; Rodrigo Vieira Browne, Professor; Maria Luiza Barros, Bachelor; Renali Camilo Bezerra, Bachelor; Jaime Eduardo Hallak, Professor; Emerson Arcoverde, Professor; Scott Patten, Professor; Colleen Cuthbert, Professor Nicole Galvao-Coelho). (2024). Does multimodal exercise reduce C-reactive protein levels in major depressive disorder? Results from a randomized controlled trial.
2. (Geovan Menezes de Sousa, Geissy Lainny de Lima-Araújo, Vagner Deuel de O. Tavares, Stephany Campanelli Esmale, Maria Luiza Barros, Yves Martins Varela, Kaike Thiê da Costa Gonçalves, Emerson Arcoverde-Nunes, Felipe Barreto Schuch, Megan Teychenne, Maria Bernardete Cordeiro de Sousa, Nicole Leite Galvão-Coelho.). (2024). Trait Mindfulness Influences Self-Reported Mental Health Measures in Depressed Individuals.
3. (Geovan Menezes de Sousa, Thea Baker; Rumya Pathmanathan; Vagner Deuel de Oliveira Tavares, PhD; Geissy Lainny de Lima-Araujo, PhD; Mats Hallgren, PhD; Felipe Barreto Schuch, PhD; Maria Bernardete Cordeiro de Sousa, PhD; Nicole Leite Galvao-Coelho, PhD; Megan Teychenne, PhD). (2024). Effect of mindful walking interventions for mental health and mental-ill health: a systematic review and meta-analysis.
4. (Hanna Tinoco; Geovan Sousa, MSc; Elissa Ribeiro; Jovita Maciel; Vagner Deuel de O. Tavares; Maria Luiza de Moraes; Renali Bezerra; Leonardo Fernandes; Rodolfo Lira; Geissy Lima-Araujo; Emerson Arcoverde-Nunes; Megan Teychenne; Patricia Cavalcanti-Ribeiro; Fernanda Palhano-Fontes; Maria Bernardete Sousa & Nicole Galvao-Coelho.). (2024). Impact of the Adjunctive Effect of Mindfulness and Physical Exercise on Rumination Management in Patients with Major Depression: An Integrated Evaluation of an Open Label Randomised Trial.