



RAFAEL ROMÁN-CABALLERO

I am cognitive psychologist that have been able to bring together **my two passions**: the understanding of **the brain and the mind**, and **music**. During my childhood I learnt to play the violin and discovered my passion for melodies and the hidden emotions, imperturbable in time, behind the scores. Years later I studied a **Bachelor's degree in Psychology** (2013–2017) at the University of Granada (Spain), where I also completed a **Master's degree in Cognitive Neuroscience** (2017–2018) and a **PhD in Psychology of Music** (2018–2023). Currently, I work at the Department of Experimental Psychology of the **University of Granada (Spain)** and in the Department of Psychology, Neuroscience and Behaviour of the **McMaster University (Canada)** in the context of a **Marie Skłodowska-Curie Global Postdoctoral Fellowship**. My work focuses on different aspects of psychology of music, cognitive training, attention and vigilance, social cognition, and meta-science. My current project is '*Distinguishing infant-directed speech and songs: The distinctive evolution of acoustic features and visual entrainment in infants*'.

PhD

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PERSONAL DETAILS

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LANGUAGES

Spanish

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EDUCATION

- 2018–2023 **PhD**
University of Granada
Cum Laude PhD
Outstanding Doctoral Thesis Award
- 2017–2018 **Master in Behavioral and Cognitive Neuroscience**
University of Granada
Average grade of 9.6 (out of 10)
- 2013–2017 **Degree in Psychology**
University of Granada
Average grade of 9.4 (out of 10)
University award for the best grades of the Psychology promotion
- 2003–2013 **Elementary and Professional levels of musical studies**
Conservatory of Córdoba 'Musician Ziryab'
Speciality: Violin interpretation



RAFAEL ROMÁN-CABALLERO

EXPERIENCE



Research

PhD

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- Current**
Marie Skłodowska-Curie Global Postdoctoral Fellowship at McMaster University (Canada) and University of Granada
Three-year fellowship from the European Union
To support postdoctoral research and teaching
- 2023–2024**
Postdoctoral position at University of Granada
One-year postdoctoral position
Studies in attention and rhythm with Prof. Mariagrazia Capizzi
- 2021**
Research Assistant at McMaster University (Canada)
Three-month research internship, from September to November of 2021
Studies in music neuroscience with Prof. Laurel Trainor
- 2019**
Research Assistant at McMaster University (Canada)
Two-month research internship, July and August of 2019
Studies in music neuroscience with Professor Laurel Trainor
- 2018–2023**
FPU doctoral grant
Four-year scholarship from the Spanish Ministry of Education, Culture and Sport
To support research and teaching during PhD
- 2017**
Research Assistant at Bangor University (UK)
One-month research internship, August and September of 2017
Studies in attention with Paloma Mari-Beffa, PhD
- 2016–2017**
Research Assistant at the Department of Experimental Psychology of University of Granada
Full-course scholarship from the Spanish Ministry of Education
Studies in Vigilance and Transcranial Direct Current Stimulation, with Prof. Juan Lupiáñez and Prof. Elisa Martín-Arévalo
- 2015–2016**
Research Assistant at the Department of Experimental Psychology of University of Granada
Full-course scholarship from the University of Granada
Studies in Social Attention and the role of gaze, with Prof. Juan Lupiáñez Castillo and Prof. Andrea Marotta



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Teaching

- **Psychology of Language.**
Bachelor's Degree in Speech Therapy.
University of Granada. 2025–2026  UNIVERSIDAD DE GRANADA
- **Psychology of Memory and Attention.**
Bachelor's Degree in Psychology.
Open University of Catalonia. 2023–Currently 
- **Introduction to Psychology.**
Bachelor's Degree in Psychology.
University of Granada. 2022–2023  UNIVERSIDAD DE GRANADA
- **Human Learning and Thinking.**
Bachelor's Degree in Psychology.
University of Granada. 2021–2022 & 2025–2026  UNIVERSIDAD DE GRANADA
- **Psychology of Perception and Attention.**
Bachelor's Degree of Psychology.
University of Granada. 2019–2020 and 2020–2021  UNIVERSIDAD DE GRANADA



Supervision

- **Supervision of two Master theses**
University of Granada. 2023–Currently  UNIVERSIDAD DE GRANADA
- **Supervision of six Bachelor theses**
McMaster University. 2023–2026 
- **Supervision of five laboratory project**
McMaster University. 2023–2026 
- **Supervision of eight Bachelor theses**
University of Granada. 2020–2025  UNIVERSIDAD DE GRANADA



Editing and Reviewing

- **Intern Junior Editor of *Journal of Experimental Psychology: Human Perception and Performance***
2024
- **Associate Editor of *Psicológica Journal***
Since 2023
- **Associate Editor of *Frontiers in Psychology***
2022–2024
- **Reviewer of articles in *Current Psychology, Psychological Bulletin, Developmental Science, Neuroscience and Biobehavioral Reviews, Attention, Perception, & Psychophysics, PLOS One, and Frontiers in Psychology***



Clinical

- **Practices in clinical neuropsychology**
AGREDACE (Granada, Spain)
300 hours
- **Practices in clinical neuropsychology**
Neurocenter (Granada, Spain)
180 hours



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AWARDS, PROJECTS & GRANTS

- **Research and Social Action Grants 2024**
[Spanish Association of Psychology of Music and Musical Interpretation](#)
1,000€
- **Marie Skłodowska-Curie Global Postdoctoral Fellowship**
[European Union](#)
252,724.32€
- **Juan de la Cierva Postdoctoral Fellowship**
[Spanish Ministry of Science and Innovation](#)
(Declined in favor of the Marie Skłodowska-Curie Fellowship)
- **Canadian Banting Postdoctoral Fellowship**
[Government of Canada](#)
(Declined in favor of the Marie Skłodowska-Curie Fellowship)
- **Research and Social action grants 2024**
[Spanish Association of Psychology of Music and Musical Performance \(AEPMIN\)](#)
1000€
- **Researcher of the Research Project 'Timing in implicit and explicit contexts: behavioral and electroencephalographic evidence'**
[Spanish Ministry of Science and Innovation](#)
Code PID2021-128696NA-I00
- **Award to the best scientific publication of 2021: "Psicológica" award modality**
[Spanish Society of Experimental Psychology \(SEPEX\)](#)
- **First prize in dissemination in medicine and health**
[Lilly Foundation – The Conversation](#)
- **Award in dissemination #HiloTesis**
[University of Granada, Spain](#)
- **Researcher of the Research Project 'Neuromodulation of vigilance by transcranial electrical stimulation: application in attentional deficits'**
[Junta de Andalucía](#)
Code B-CTS-132-UGR20
- **Researcher of the Research Project 'Effects of musical and physical exercise training as factors in the development of executive functions and protection against their deterioration with age'**
[Junta de Andalucía](#)
Code P20_00693
- **Researcher of the Research Project 'Theoretical, behavioral, and functional analysis of executive and activation vigilance and its implementation in neural networks'**
[Spanish Ministry of Science and Innovation](#)
Code PID2020-114790GB-I00
- **Award for the best oral communication at III International Congress of Psychobiology (presented by Elisa Martín-Arévalo)**

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AWARDS, PROJECTS & GRANTS

- **University award for the best academic score of the Psychology promotion**
Degree in Psychology, University of Granada, Spain
- **Best poster communication in the 12th RECA (Scientific Meeting on Attention 12)**
- **Grant for the promotion of scientific, technological and innovation culture (2018)**
Spanish Ministry of Science and Innovation & Spanish Foundation for Science and Technology (FECYT)
Code FCT-18-13760. 4000€
- **Researcher of the Research Project 'Executive and Arousal Vigilance in the context of attentional assessment'**
Spanish Ministry of Economy, Industry and Competitiveness
Code PSI2017-84926-P. 156,816€
- **Grant for the Dissemination of Research work 2019–2020**
Spanish Society of the Experimental Psychology (SEPEX)
300€
- **FPU doctoral grant**
Three-year national grant from the Spanish Ministry of Education, Culture and Sport
To support research and teaching during the PhD
- **Collaboration University grant**
Full-course national grant from the Spanish Ministry of Education, Culture and Sport
To support research during the Master
- **Research initiation grant**
Full-course national grant from the University of Granada
To support research during the Degree

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PUBLICATIONS (31)

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- Sanabria, D., Ciria, L. F., Holgado, D., Bartoš, F., Luque-Casado, A., Fernández-del-Olmo, M., ... & Román-Caballero, R. (2026). Running ahead of the evidence? Rethinking the exercise-cognition consensus after five decades of research. *Journal of Science and Medicine in Sport*.
<https://doi.org/10.1016/j.jsams.2026.07.003>
- Román-Caballero, R., Baškent, D., Caclin, A., Ferreri, L., Fiveash, A., François, C., ... & Zappa, A. (2026). Common Evidence, Multiple Interpretations: Commentaries on a Multilab Study on Musicians' Short-Term Memory. *Advances in Methods and Practices in Psychological Science*, 9(2), 25152459261445951. <https://doi.org/10.1177/25152459261445951>
- Ponce, R., Marotta, A., Román-Caballero, R., Tanaka, Y., Akçeşme, Ş., Chacón-Candia, J. A., ... & Lupiáñez, J. (2026). When arrows behave like eyes: Reversal of spatial Stroop interference by visual masking. *Cognition*, 275, 106623. <https://doi.org/10.1016/j.cognition.2026.106623>
- Aczel, B., [...], Román-Caballero, R., et al. (2026). Investigating the analytical robustness of the social and behavioural sciences. *Nature*, 652,135–142. <https://doi.org/10.1038/s41586-025-09844-9>
- Román-Caballero, R., Trujillo, L., del Martín-Sánchez, P. C., Martín-Arévalo, E., & Lupiáñez, J. (2026). Attention and vigilance advantages related to formal musical training across childhood, adolescence and young adulthood. *British Journal of Psychology*. <https://doi.org/10.1111/bjop.70068>
- Talamini, F., Grassi, M., [...], Román-Caballero, R., et al. (2026). Music Ensemble: a large dataset on musicianship, cognition, and personality in musicians and nonmusicians. *Scientific Data*, 13, 473. <https://doi.org/10.1038/s41597-026-06654-0>
- Britt, N., Román-Caballero, R., Lee, F., Raghuraman, S., & Sun, H. J. (2025). Hemispheric asymmetry for visual information processing in 3D space. *Neuroscience & Biobehavioral Reviews*, 106504. <https://doi.org/10.1016/j.neubiorev.2025.106504>
- Sánchez-Rodríguez, Á., Melita, D., Román-Caballero, R., et al. (2025). Manipulations of perceived economic inequality: A systematic review and meta-analysis. *Journal of Experimental Psychology: General*.
- Román-Caballero, R. (2025). Reassessing the cognitive benefits of physical activity: A meta-analytic reanalysis of Mavilidi et al.(2025). *Psychological Bulletin*, 151(11), 1382–1388. <https://doi.org/10.1037/bul0000490>
- Grassi, M., [...], Román-Caballero, R., et al. (2025). Do musicians have better short-term memory than nonmusicians? A multi-lab study. *Advances in Methods and Practices in Psychological Science*.
<https://doi.org/10.1177/25152459251379432>
- Román-Caballero, R., Trujillo, L., del Carmen Martín-Sánchez, P., Trainor, L. J., Huertas, F., Martín-Arévalo, E., & Lupiáñez, J. (2025). Relative age effect in formal musical training. *Cognitive Development*, 75, 101603. <https://doi.org/10.1016/j.cogdev.2025.101603>



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PUBLICATIONS (31)

Román-Caballero, R., Martín-Arévalo, E., Martín-Sánchez, P. C., Lupiáñez, J., & Capizzi, M. (2024). Influence of rhythmic contexts on perception: No behavioral and eye-tracker evidence for rhythmic entrainment. *Consciousness and Cognition*, 126, 103789.

<https://doi.org/10.1016/j.concog.2024.103789>

Ciria, L. F., Román-Caballero, R., Vadillo, M. A., Holgado, D., Luque-Casado, A., Perakakis, P., & Sanabria, D. (2024). Reply to: Do not underestimate the cognitive benefits of exercise. *Nature Human Behaviour*, 8, 1464–1466.

<https://doi.org/10.1038/s41562-024-01950-4>

Holgado, D., Sanabria, D., Vadillo, M. A., & Román-Caballero, R. (2024). Zapping the brain to enhance sport performance? An umbrella review of the effect of transcranial direct current stimulation on physical performance.

Neuroscience & Biobehavioral Reviews, 164, 105821.

<https://doi.org/10.1016/j.neubiorev.2024.105821>

Román-Caballero, R., & Mioni, G. (2023). Time-Based and Event-Based Prospective Memory in Mild Cognitive Impairment and Alzheimer's Disease Patients: A Systematic Review and Meta-analysis. *Neuropsychology Review*, 1–24.

<https://doi.org/10.1007/s11065-023-09626-y>

Coll-Martín, T., Román-Caballero, R., Martínez-Caballero, M. D. R., Martín-Sánchez, P. D. C., Trujillo, L., Cásedas, L., ... & Lupiáñez, J. (2023). The ANTI-Vea-UGR platform: A free online resource to measure attentional networks (alertness, orienting, and executive control) functioning and executive/arousal vigilance. *Journal of Intelligence*, 11(9), 181.

<https://doi.org/10.3390/jintelligence11090181>

Holgado, D., Mesquida, C., & Román-Caballero, R. (2023). Assessing the evidential value of mental fatigue and exercise research. *Sports Medicine*, 53(12), 2293–2307. <https://doi.org/10.1007/s40279-023-01926-w>

Román-Caballero, R., Sanabria, D., & Ciria, L. F. (2023). Let's go beyond "the effect of": reappraising the impact of ordinary activities on cognition. *Psicológica*, 44(1), e15144. <https://doi.org/10.20350/digitalCSIC/15144>

Ciria, L. F., Román-Caballero, R., Vadillo, M. A., Holgado, D., Luque-Casado, A., Perakakis, P., & Sanabria, D. (2023). An umbrella review of randomized control trials on the effects of physical exercise on cognition. *Nature Human Behaviour*. <https://doi.org/10.1038/s41562-023-01554-4>

Chacón-Candia, J. A., Román-Caballero, R., Aranda-Martín, B., Casagrande, M., Lupiáñez, J., & Marotta, A. (2023). Are there quantitative differences between eye-gaze and arrow cues? A meta-analytic answer to the debate and a call for qualitative differences. *Neuroscience & Biobehavioral Reviews*, 144, 104993. <https://doi.org/10.1016/j.neubiorev.2022.104993>

Román-Caballero, R., Martín-Arévalo, E., & Lupiáñez, J. (2023). Changes in response criterion and lapse rate as general mechanisms of vigilance decrement: Commentary on McCarley and Yamani (2021). *Psychological Science*, 34(1), 132–136. <https://doi.org/10.1177/09567976221121342>

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PUBLICATIONS (31)

- Román-Caballero, R., & Lupiáñez, J. (2022). Suggestive but not conclusive: An independent meta-analysis on the auditory benefits of learning to play a musical instrument. Commentary on Neves et al. (2022). *Neuroscience & Biobehavioral Reviews*, 142, 104916. <https://doi.org/10.1016/j.neubiorev.2022.104916>
- Román-Caballero, R., Vadillo, M. A., Trainor, L. J., & Lupiáñez, J. (2022). Please don't stop the music: A meta-analysis of the cognitive and academic benefits of instrumental musical training in childhood and adolescence. *Educational Research Review*, 100436. <https://doi.org/10.1016/j.edurev.2022.100436>
- Román-Caballero, R., Marotta, A., & Lupiáñez, J. (2021). Target-background segregation in a spatial interference paradigm reveals shared and specific attentional mechanisms triggered by gaze and arrows. *Journal of Experimental Psychology: Human Perception and Performance*, 47(11), 1561–1573. <https://doi.org/10.1037/xhp0000953>
- Román-Caballero, R., Marotta, A., & Lupiáñez, J. (2021). Spatial interference triggered by gaze and arrows. The role of target background on spatial interference. *Psicológica*, 42(2), 192–209. <http://doi.org/10.2478/psicolj-2021-0010>
- Mioni, G., Román-Caballero, R., Clerici, J., & Capizzi, M. (2021). Prospective and retrospective timing in mild cognitive impairment and Alzheimer's disease patients: A systematic review and meta-analysis. *Behavioural Brain Research*, 410, 113354. <https://doi.org/10.1016/j.bbr.2021.113354>
- Luna, F. G., Román-Caballero, R., Barttfeld, P., Lupiáñez, J., & Martín-Arévalo, E. (2020). A High-Definition tDCS and EEG study on attention and vigilance: Brain stimulation mitigates the executive but not the arousal vigilance decrement. *Neuropsychologia*, 142, 107447. <https://doi.org/10.1016/j.neuropsychologia.2020.107447>
- Román-Caballero, R., Martín-Arévalo, E., & Lupiáñez, J. (2021). Attentional networks functioning and vigilance in expert musicians and non-musicians. *Psychological Research*, 85, 1121–1135. <https://doi.org/10.1007/s00426-020-01323-2>
- Marotta, A., Lupiáñez, J., Román-Caballero, R., Narganes-Pineda, C., & Martín-Arévalo, E. (2019). Are eyes special? Electrophysiological and behavioural evidence for a dissociation between eye-gaze and arrows attentional mechanisms. *Neuropsychologia*, 129, 146–152. <https://doi.org/10.1016/j.neuropsychologia.2019.03.017>
- Román-Caballero, R., Arnedo, M., Triviño, M., & Lupiáñez, J. (2018). Musical practice as an enhancer of cognitive function in healthy aging-A systematic review and meta-analysis. *PloS One*, 13(11), e0207957. <https://doi.org/10.1371/journal.pone.0207957>
- Marotta, A., Román-Caballero, R., & Lupiáñez, J. (2018). Arrows don't look at you: Qualitatively different attentional mechanisms triggered by gaze and arrows. *Psychonomic Bulletin & Review*, 25, 2254–2259. <https://doi.org/10.3758/s13423-018-1457-2>

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CONFERENCES (48)

- Oral communication 'How the rhythms of infant-directed music and speech guide visual attention to the face across the first year after birth'
ICIS 2026
Panama city, Panama. July 2026
- Oral communication 'Mechanisms underlying cognitive benefits through musical training'
APS Annual Convention 2026
Barcelona, Spain. May 2026
- Chair and Poster 'Visual attention of infants in early interactions: Comparing early processing of music and language'
21st Annual NeuroMusic Conference
McMaster University, Hamilton, Canada. November 2025
- Chair and oral communication 'Visual attention of infants in early interactions: Comparing early processing of music and language' in the session 'Development, Clinical'
Timing Research Forum 4
Tokyo, Japan. October 2025
- Oral communication in the symposium 'A multi-method exploration of how infants actively shape their musical interactions'
18th International Conference on Music Perception and Cognition
São Paulo, Brazil. July 2025
- Oral communication 'Investigating Infants' Responses to Infant-Directed Singing Using Eye-Tracking'
20th Rhythm Perception & Production Workshop
Jyväskylä, Finland. June 2025
- Talk in the 'Rhythm Across the Lifespan Through Multiple Lenses' workshop
Amiens, France. April 2025
- Oral communication 'Infants' visual attention in early interactions: Differences in early processing of music and language'
14th RECA (Scientific Meeting on Attention 14)
Madrid, Spain. April 2025
- Poster 'Are Pisces or Aquarius more musical? Relative age effect in formal musical training'
20th Annual NeuroMusic Conference
McMaster University, Hamilton, Canada. November 2024
- Organizing the Symposium 'Meta-science in Psychology: Evidence from the past, reflections in the present, solutions for the future'
SEPEX 2024
Almería, Spain. October 2024
- Poster 'Is the reversed congruency effect observed with gaze due to its social nature? Analysis of non-social stimuli with similar asymmetrical contrast features of eye-gaze stimuli' by Greta Castellanelli, Renato Ponce, Rafael Román-Caballero, Jeanette Chacón, Juan Lupiáñez, and Andrea Marotta
SEPEX 2024
Almería, Spain. October 2024

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CONFERENCES (48)

- Poster 'Do musicians have better short-term memory than nonmusicians? A multi-lab study' by Francesca Talamini et al. (including Rafael Román-Caballero)
[The Neuroscience and the Music VIII](#)
Helsinki, Finland. June 2024
- Poster 'Exploring the Impact of Prematurity on the Perception of Infant-Directed Singing: A Multimodal Analysis of Visual Behaviour and Neural Responses' by Betania Y. Georlette, Mohammadreza Edalati, Rafael Román-Caballero, Laurel J. Trainor, Barbara Tillmann, Fabrice Wallois, and Sahar Moghimi
[The Neuroscience and the Music VIII](#)
Helsinki, Finland. June 2024
- Poster 'Differences in attention and vigilance associated with musical training across the lifespan' by Rafael Román-Caballero, Laura Trujillo, Paulina del Carmen Martín-Sánchez, Elisa Martín-Arévalo, and Juan Lupiáñez
[The Neuroscience and the Music VIII](#)
Helsinki, Finland. June 2024
- Oral communication 'Influence of rhythmic contexts on attention: No behavioural and pupillometric evidence of entrainment'
[Symposium on Timing and Rhythm \(STAR\) 2024](#)
McMaster University, Hamilton, Canada. April 2024
- Oral communication 'The ANTI-Vea-UGR platform: A free online resource to measure attentional networks (alertness, orienting, and executive control) and executive and arousal vigilance' by Tao Coll-Martín, Rafael Román-Caballero, María del Rocío Martínez-Caballero, Paulina del Carmen Martín-Sánchez, Laura Trujillo, Luis Cásedas, M. Concepción Castellanos, Klara Hemmerich, Greta Manini, María Julieta Aguirre, Fabiano Botta, Andrea Marotta, Elisa Martín-Arévalo, Fernando G. Luna, and Juan Lupiáñez
[9th International Congress of Clinical and Health Psychology in Children and Adolescents](#)
Valencia, Spain. November 2023
- Poster 'Influence of rhythmic contexts on perceived event duration' by Rafael Román-Caballero, Paulina del Carmen Martín-Sánchez, Juan Lupiáñez, and Mariagrazia Capizzi
[3rd Conference of the Timing Research Forum \(TRF3\)](#)
Lisbon, Portugal. October 2023
- Poster 'Peripheral cueing and alertness modulation over spatial interference: Shared and specific attentional mechanisms triggered by gaze and arrows' by Renato Ponce, Rafael Román-Caballero, María Casagrande, Andrea Marotta, and Juan Lupiáñez
[23rd Conference of the European Society for Cognitive Psychology](#)
Porto, Portugal. September 2023
- Poster 'Science communication and outreach at CIMCYC' by Giuseppe Benigno, Rocío Vizcaíno, Joaquín Alcañiz-Colomer, Cristina Gómez, Conchi Castellanos, Rafael Román-Caballero, Charo Rueda, Luis Ciria, Rocío Martínez, Greta Manini, and María Jesús Maraver
[CIMCYC 10th Anniversary Research Conference](#)
University of Granada, Spain. May 2023

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CONFERENCES (48)

- Poster 'Influence of rhythmic contexts on perceived event duration' by Paulina del Carmen Martín-Sánchez, Rafael Román-Caballero, Juan Lupiáñez, and Mariagrazia Capizzi
[CIMCYC 10th Anniversary Research Conference](#)
University of Granada, Spain. May 2023
- Invited speaker with the talk 'Musical training as a cognitive enhancer: Toward a mechanism of neurocognitive changes' by Rafael Román-Caballero
[Workshop on Motivation and Cognitive Effort: New Research Directions](#)
Granada, Spain. March 2023
- Oral communication 'Influence of rhythm on attention: behavioral and pupillometric evidence of facilitation but not synchronization' by Rafael Román-Caballero, Elisa Martín-Arévalo, and Juan Lupiáñez
[13th RECA \(Scientific Meeting on Attention 13\)](#)
Granada, Spain. October 2022
- Poster 'Rhythm and foreperiod effect: Behavioral and eye-tracking evidence for rhythmic facilitation but not for entrainment' by Rafael Román-Caballero, Elisa Martín-Arévalo, Laurel Trainor, and Juan Lupiáñez
[22nd Conference of the ESCoP](#)
Lille, France. August 2022
- Poster 'Modulators of the decrease in vigilance: intervention, individual differences and methodological considerations' by Klara Hemmerich, Luis Cásedas, Rafael Román-Caballero, Tao Coll-Martín, Fernando G. Luna, Elisa Martín-Arévalo, and Juan Lupiáñez
[5th CIMCYC Research Conference](#)
University of Granada, Spain. May 2022
- Oral communication 'The benefits of musical training across the lifespan: meta-analytic evidence of causality and selection bias' by Rafael Román-Caballero, Miguel A. Vadillo, Mónica Triviño, Elisa Martín-Arévalo, Laurel Trainor, and Juan Lupiáñez
[SEPEX-APPE meeting](#)
University of Algarve, Portugal. May 2022
- Oral communication 'Are we ready to prescribe physical exercise to boost brain and cognitive functioning?' by Daniel Sanabria, Luis F. Ciria, Rafael Román-Caballero, Darías Holgado, Miguel Á. Vadillo, Antonio Luque-Casado, and Pandelis Perakakis
[SEPEX-APPE meeting](#)
University of Algarve, Portugal. May 2022
- Poster 'Influence of a rhythmic context over the foreperiod effect: implications about the maintenance and transfer of rhythmic entrainment' by Rafael Román-Caballero, Elisa Martín-Arévalo, Laurel Trainor, and Juan Lupiáñez
[SEPEX-APPE meeting](#)
University of Algarve, Portugal. May 2022

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CONFERENCES (48)

- Poster 'Eye-gaze vs arrows as spatial cues: a meta-analytical response' by Jeanette Alicia Chacón-Candia, Rafael Román-Caballero, Belén Aranda-Martín, Juan Lupiáñez, Maria Casagrande, and Andrea Marotta
[SEPEX-APPE meeting](#)
University of Algarve, Portugal. May 2022
- Symposium session 'psychometric-curve analysis of the executive vigilance decrement: a three-mechanism account' by Rafael Román-Caballero, Elisa Martín-Arévalo, and Juan Lupiáñez
[SEPEX-APPE meeting](#)
University of Algarve, Portugal. May 2022
- Symposium session 'Modulations of sleep deprivation and motivation on Executive / Arousal vigilance and executive control: An on-line sleep deprivation study with the ANTI-Vea task' by Juan Lupiáñez, Conchi Castellanos, Fernando G. Luna, Elisa Martín-Arévalo, Rafael Román-Caballero, Klara Hemmerich, Tao Coll-Martín, Andrea Marotta, Diana Martella, and Fabiano Botta
[SEPEX-APPE meeting](#)
University of Algarve, Portugal. May 2022
- Poster 'Influence of a rhythmic context on the foreperiod effect: Behavioral and eye-tracking evidence for rhythmic facilitation but not for entrainment' by Rafael Román-Caballero, Elisa Martín-Arévalo, Laurel Trainor, and Juan Lupiáñez
[17th Annual NeuroMusic Conference](#)
McMaster University, Hamilton, Canada. November 2021
- Poster 'No quantitative differences between gaze and arrow cueing: A meta-analytic answer to the debate' by Jeanette Chacón-Candia, Rafael Román-Caballero, Juan Lupiáñez, Maria Casagrande, and Andrea Marotta
[Virtual Psychonomic 2020 Annual Meeting](#)
November 2021
- Oral communication 'The cognitive benefits of musical training: from the effect in the lab to its practical implications' by Rafael Román-Caballero, Elisa Martín-Arévalo, and Juan Lupiáñez
[I Inter-University Meeting for Psychology Doctoral Students](#)
Spain. July 2021
- Oral communication 'Differences in attention and vigilance associated with musical training' by Rafael Román-Caballero, Elisa Martín-Arévalo, and Juan Lupiáñez
[Virtual SEPEX 2021](#)
Spain. April 2021
- Poster 'The cognitive and academic benefits of learning to play a musical instrument. Meta-analytic evidence of causality and self-selection' by Rafael Román-Caballero, Miguel A. Vadillo, Laurel Trainor, and Juan Lupiáñez
[I Annual Congress of Doctoral Students](#)
University Miguel Hernández, Elche, Spain. February 2021

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CONFERENCES (48)

- Poster 'Common and dissociable attentional mechanisms triggered by gaze and arrows. Evidence from a spatial interference paradigm' by Rafael Román-Caballero, Andrea Marotta, and Juan Lupiáñez
[Virtual Psychonomic 2020 Annual Meeting](#)
November 2020
- Poster 'Please don't stop the music: A meta-analytic review of the benefits of musical training across the lifespan' by Rafael Román-Caballero, Miguel A. Vadillo, Laurel Trainor, and Juan Lupiáñez
[15th Annual NeuroMusic Conference](#)
McMaster University, Hamilton, Canada. November 2019
- Poster 'Specific attentional improvements associated with musical training' by Rafael Román-Caballero, Elisa Martín-Arévalo and Juan Lupiáñez
[12th RECA \(Scientific Meeting on Attention 12\)](#)
Almería, Spain. October 2019
- Oral communication 'Please don't stop the music: A meta-analysis of the benefits of early musical practice on academic achievement and cognition' by Rafael Román-Caballero, Miguel A. Vadillo and Juan Lupiáñez
[21st Conference of the European Society for Cognitive Psychology](#)
Tenerife, Spain. September 2019
- Poster 'The impact of musical practice on attentional networks and vigilance' by Rafael Román-Caballero, Elisa Martín-Arévalo and Juan Lupiáñez
[21st Conference of the European Society for Cognitive Psychology](#)
Tenerife, Spain. September 2019
- Oral communication 'Brain stimulation mitigates the vigilance decrement: A tDCS and EEG study' by Elisa Martín-Arévalo, Fernando G. Luna, Rafael Román-Caballero, Pablo Barttfeld and Juan Lupiáñez
[III International Congress of Psychobiology](#)
Granada, Spain. May 2019
- Poster 'Social attention: Attentional mechanisms associated with social and non-social signals' by Belén Aranda-Martín, Jeanette A. Chacón-Candia, Klara Hemmerich, Cristina Narganes-Pineda, Rafael Román-Caballero, Jorge Torres-Marín, Nines Ballesteros-Duperón, Ana B. Chica, Andrea Marotta, and Juan Lupiáñez
[3rd CIMCYC Research Conference](#)
University of Granada, Spain. May 2019
- Poster 'Quantifying the attentional processes: ANTI-Vea task' by Luis Cásedas, Tao Coll-Martín, Tania Martínez-Montero, Fernando G. Luna, Rafael Román-Caballero, Elisa Martín-Arévalo, Carlos Sanchis, Alberto Acosta, and Juan Lupiáñez
[3rd CIMCYC Research Conference](#)
University of Granada, Spain. May 2019

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CONFERENCES (48)

- Oral communication '*The effects of lifelong musical practice on cognitive function in healthy aging: A systematic review and meta-analysis*' by Rafael Román-Caballero, Marisa Arnedo Mónica Triviño and Juan Lupiáñez
First Joint Congress of the SEPEX, SEPNECA and AIP experimental
Madrid, Spain. July 2018
- Oral communication '*Executive and Arousal Vigilance: A tDCS study*' by Fernando G. Luna, Juan Lupiáñez, Rafael Román-Caballero, Pablo Barttfeld and Elisa Martín-Arévalo
First Joint Congress of the SEPEX, SEPNECA and AIP experimental
Madrid, Spain. July 2018
- Poster '*Are eyes special? Electrophysiological and behavioral evidence for dissociation between gaze and arrow attentional mechanisms*' by Andrea Marotta, Rafael Román-Caballero, Cristina Narganes, Juan Lupiáñez and Elisa Martín-Arévalo
Interactive Eye Gaze
London, UK. February 2018
- Oral communication '*Arrows don't look at you: qualitatively different attentional mechanisms induced by Gaze and Arrows cues*' by Rafael Román-Caballero, Andrea Marotta, Elisa Martín-Arévalo and Juan Lupiáñez
11th RECA (Scientific Meeting on Attention 11)
Baeza, Spain. September 2017
- Poster '*Qualitatively different attentional mechanisms induced by Gaze and Arrows cues: Evidence from a spatial Stroop paradigm*' by Rafael Román-Caballero, Andrea Marotta and Juan Lupiáñez
18th General Meeting of the European Association of Social Psychology
Granada, Spain. July 2017

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2022

Member of the external evaluation committee of the Degree in Speech Therapy of the University of Castilla-La Mancha
[National Agency for Quality Assessment and Accreditation of Spain \(ANECA\)](#)

Member of the external evaluation committee of the Degree in Occupational Therapy of the University of Castilla-La Mancha
[National Agency for Quality Assessment and Accreditation of Spain \(ANECA\)](#)

Member of the external evaluation committee of the Interuniversity PhD Program in Psychology of Communication and Change of the University of Barcelona and the Autonomous University of Barcelona
[Agency for the Quality of the University System of Catalonia \(AQU Catalonia\)](#)

Member of the external evaluation committee of the PhD Program in Health and Sports Psychology of the Autonomous University of Barcelona
[Agency for the Quality of the University System of Catalonia \(AQU Catalonia\)](#)

Member of the external evaluation committee of the PhD Program in Clinical and Health Psychology of the University of Barcelona
[Agency for the Quality of the University System of Catalonia \(AQU Catalonia\)](#)

Member of the external evaluation committee of the Interuniversity PhD Program in Educational Psychology of the University of Barcelona, Autonomous University of Barcelona, University of Girona, and Ramon Llull University
[Agency for the Quality of the University System of Catalonia \(AQU Catalonia\)](#)

Member of the external evaluation committee of the PhD Program in Social and Organizational Psychology of the University of Barcelona
[Agency for the Quality of the University System of Catalonia \(AQU Catalonia\)](#)

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[National Agency for Quality Assessment and Accreditation of Spain \(ANECA\)](#)

Member of the external evaluation committee of the Master in General Health Psychologist of the University of Murcia
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SCIENTIFIC OUTREACH

- **First prize in dissemination in medicine and health**
Lilly Foundation – The Conversation
- **Award in dissemination #HiloTesis**
University of Granada, Spain
- **Head of the ‘PsychoBeers’ project of neuroscience talks**
<https://www.youtube.com/channel/UCQm75xdU0SmlqzL29tOoJYw>
- **Grant for the promotion of scientific, technological and innovation culture (2018)**
Spanish Ministry of Science and Innovation & Spanish Foundation for Science and Technology (FECYT)
Code FCT-18-13760
- **Finalist in the 3 Minute Thesis Competition (2020)**
University of Granada

Articles

¿Cómo cambia nuestro cerebro la práctica musical?

<https://theconversation.com/como-cambia-nuestro-cerebro-la-practica-musical-181031>

¿Por qué los monos no cantan flamenco? <https://theconversation.com/por-que-los-monos-no-cantan-flamenco-166983>

¿Cuáles son los beneficios cerebrales de tocar un instrumento?

<https://theconversation.com/cuales-son-los-beneficios-cerebrales-de-tocar-un-instrumento-163225>

¿La pandemia ha cambiado nuestro espacio personal para siempre?

<https://theconversation.com/la-pandemia-ha-cambiado-nuestro-espacio-personal-para-siempre-155386>

¿La pandemia ha cambiado nuestro espacio personal para siempre?

<https://theconversation.com/la-pandemia-ha-cambiado-nuestro-espacio-personal-para-siempre-155386>

El tiempo en pandemia, ¿pasa más lento o más rápido?

<https://theconversation.com/el-tiempo-en-pandemia-pasa-mas-lento-o-mas-rapido-153986>

Román-Caballero, R., Martín-Arévalo, E., y Lupiáñez, J. (2020). «Rockin’ in Rhythm»: la atención en contextos rítmicos. *Ciencia Cognitiva*, 14(2), 34–36.

<http://www.cienciacognitiva.org/?p=1960>

Román-Caballero, R., y Lupiáñez, J. (2019). El impacto cognitivo de la práctica musical: Explorando las ventajas de un mundo musicalmente activo. *Ciencia Cognitiva*, 13(1), 21–23. <http://www.cienciacognitiva.org/?p=1808>

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