

María Recio-Barbero, PhD.

María Recio-Barbero is a psychologist specialized in Neuropsychology and a postdoctoral researcher at the University of the Basque Country (EHU). She conducts her main scientific activity at the Biobizkaia Health Research Institute, within the *Early Phases of Psychosis* Research Group (CRUPEP), affiliated with the Department of Psychiatry of Cruces University Hospital (Barakaldo, Spain). She is also an associate researcher of Group G16 of CIBERSAM (the Spanish national Biomedical Research Network in Mental Health), embedded in the Neuropsychopharmacology Group of the EHU.

Her research focuses on Severe Mental Illness and immune-mediated disorders, with particular interest in the intersection between clinical endophenotypes, neurocognition, and neuroinflammation. A central axis of her work is the integration of the gender perspective into psychiatric research, addressing how sex and gender shape the clinical expression, neurobiological underpinnings, course, and treatment response of severe mental disorders, dimensions that have been historically overlooked in psychiatry and that contribute to persistent diagnostic and therapeutic inequities affecting women.

Within this framework, Dr. Recio-Barbero investigates sex- and gender-based differences in early psychosis and other severe mental conditions, examining how hormonal, immunological, and psychosocial factors interact to produce differential clinical trajectories in women and men. She is particularly committed to advancing a more inclusive and rigorous model of psychiatric science, in which sex and gender are systematically incorporated into study design, data analysis, and the development of diagnostic and therapeutic frameworks.

She has contributed to international peer-reviewed publications and book chapters on gender and mental health, including the recent chapter *Gender Differences in Clinical Research and Diagnostic Criteria*, published in *Applying the Gender Perspective in Psychiatry and Psychotherapy* (Springer, 2026). She actively participates in international scientific networks, and combines her research activity with teaching and mentoring at the EHU Faculty of Medicine and Nursing.