

Juan Pablo Del Río Vigil

M.D. Ph.D (c)

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Date of Birth: 19/05/1993

Professional Appointments

2020-01 - **Adjunct Professor**

Current Universidad Católica de Murcia, Murcia, España

- Developed curriculum standards, lesson plans and syllabi for sexual education diploma.
- Organized, prepared and revised course material and applied technological options for remote online classes.
- Managed over 50 virtual students.

2019-04 - **Ph.D Candidate**

Current BNI Millenium Nucleus (Biomedical Neuroscience Institute), Santiago, Chile

- Thesis project focused on Neurosciences, specifically looking for association between impaired social cognition and abnormal levels of several steroid hormones.
- Currently developing transversal observational analytical study with over 70 clinical patients.

2019-03 - **Ph.D Candidate**

Current IMHAY Millenal Nucleus (Improving Mental Health in Adolescents and Youngsters), Santiago, Chile

- Thesis project focused on Neurosciences, specifically looking for association between impaired social cognition and abnormal levels of several steroid hormones.
- Currently working on transversal observational analytical study with over 70 clinical patients.

2018-01 - **Research Associate**

Current Reproductive Health Research Institute, New York, NY

- Completed exhaustive research into reproductive health research using databases, physical records and digital resources.
- Interacted with participants in research studies in diverse ways, including medical interview, physical examination, and lab analysis.
- Performed research into study topics such as ovulatory dysfunctions to increase knowledge and ability to provide valuable contributions.
- Lead research groups for undergraduate medical students.
- Published 1 paper on high index journal and more than 10 abstracts at international conferences.

Education

- 2019-04 - **Ph.D.: Medical Sciences**
 Current Universidad De Chile - Santiago, Chile
- Graduated in Top 1 % of Class for First Year Coursework.
 - Currently Ph.D Candidate in Medical Sciences
 - Thesis: Hyperandrogenemia in daughters of mothers with polycystic ovarian syndrome as a negative modulator of social cognition
 - Received "Facultad de Medicina - Universidad de Chile" Scholarship for the whole Ph.D program.
- 2019-04 - **Medical Specialization: Child and Adolescent Psychiatry Residency**
 Current Universidad De Chile - Santiago, Chile
- Received "Facultad de Medicina - Universidad de Chile" Scholarship.
- 2016-01 - **Medical Doctor**
 2018-12 Universidad De Los Andes - Santiago, Chile
- Graduated summa cum laude.
 - Elected to Communications Committee for Medicine Students Council in 2016.
 - Teaching Assistant in Physiology, Neurosciences and Dermatology courses.

- 2012-03 - **Bachelor of Science: Medical Sciences**
 2015-12 Universidad De Los Andes - Santiago, Chile
- Minored in Classical Latin.
 - Optative coursework in Greek Literature, Metaphysics, Philosophical Anthropology, Classical and Medieval Philosophy, Natural Philosophy, Ethics and Political Philosophy.
- 1998-03 - **High School Diploma**
 2011-12 Colegio Del Verbo Divino - Santiago, Chile

Research Experience

- 2018-01 - **Research Assistant**
 2019-12 Laboratorio de Esteroides Neuroactivos, Instituto Cajal, Madrid, España
- Planned, modified and executed research techniques, procedures and tests.
 - Worked with principal investigators to coordinate qualitative research into effects of pre-natal androgenization on neural cells cultures.
 - Published 1 paper on high impact journal.
- 2018-10 - **Research Assistant**
 2019-10 Empathic Reactive Media Lab, Universidad Autónoma de Madrid, Madrid, España
- Prepared literature for reports, presentations and submission to peer-review journals in study of empathic concern via virtual reality technologies.
 - Teached 100 Med students on physiological reactions to empathic concern
- 2017-01 - **Research Ethics Committee Member**
 2019-12 Reproductive Healt Research Institute, Santiago, Chile
- Audited scientific and clinical research to assure compliance to international ethics standards (Helsinki's Declaration).

Publications

Peer-Reviewed Journals

- 1 del Rio JP, Molina S, García-Segura LM, Barreto G, Tibolone as Hormonal Therapy and Neuroprotective Agent, Trends in Endocrinology and Metabolism , 2020, DOI/URL:<https://doi.org/10.1016/j.tem.2020.04.007> ISI

- 2 Sandoval M, Del Rio JP, Elguera C, Torres J, Quintana JC, Zuñiga A, Wyneken W, SCOPUS Quintana C, Clinical Considerations in Early/Transitional Inflammatory Bowel Disease: A Medical Anthropological View, *Journal of Chronic Diseases and Management*, 3, 1, ISSN: 2573-1300, 2018, 1023-1027, DOI/URL: <https://www.jscimedcentral.com/ChronicDiseases/chronicdiseases-3-1023.pdf>
- 3 Del Rio JP, Alliende M, Molina N, Serrano F, Molina S, Vigil P, Steroid hormones and their action in women's brains: the importance of hormonal balance. , *Frontiers in Public Health*, 2018, DOI/URL: 10.3389/fpubh.2018.00141 ISI
- 4 Vigil P, Valdés-Undurraga I, Del Rio JP, Serrano F, The sperm journey to fertilization: a predetermined encounter. , *Imago hominis: Quartalschrift des Instituts für medizinische Anthropologie und Bioethik*, 24, 1, 2017, 71-82 ISI
- 5 Vigil P, Del Rio JP, Carrera B, Aránguiz F, Rioseco H, Cortés E.M., Influence of sex steroid hormones on the adolescent brain and behavior: an update. , *The Linacre Quarterly*, 83, 2016, 308-329, DOI/URL: 10.1080/00243639.2016.1211863 ISI
- 6 Cortés E.M., Rodriguez J, Rodriguez M, Del Rio JP, Vigil P, Aristotle anniversary year: remembering the contributions to medicine and human biology of this great polymath. , *Revista Médica de Chile*, 152, 3, 2016, 281-286, DOI/URL: 10.4067/S0034-98872016001100021. ISI
- 7 Cortés E.M., Carrera B, Rioseco H, Del Rio JP, Vigil P, The role of kisspeptin in the onset of puberty and in the ovulatory mechanism: a mini-review. , *Journal of Pediatric and Adolescent Gynecology* , 28, 5, 2015, 286-, DOI/URL: 10.1016/j.jpag.2014.09.017 ISI
- 8 Cortés E.M., Del Rio JP, Vigil P, The harmonious relationship between faith and science from the perspective of some great saints: a brief comment., *The Linacre Quarterly*, 82, 1, 2015, 3-7, DOI/URL: 10.1179/0024363914Z.00000000097. ISI
- 9 Vigil P, Valdés-Undurraga I, Del Rio JP, Cortés E.M., El espermatozoide en su recorrido a través del tracto reproductor femenino. , *International Journal of Medical and Surgical Science*, 2, 4, 2015, 643-662 ISI

Scientific Meetings

- 1 Gutiérrez P, Juan Pablo Del Rio, Pilar Vigil, Prevalencia y caracterización de predictores para insulino resistencia en pacientes entre 22 y 28 años con disfunción ovulatoria: estudio de corte transversal analítico, XXXVII Congreso Chileno de Obstetricia y Ginecología, CHILE, Viña del Mar, 2020
- 2 Rebolledo V, Pilar Vigil, Juan Pablo Del Río, Estudio sobre la sensibilidad y especificidad del índice homa en relación a un nuevo índice diagnóstico para insulino resistencia en pacientes con disfunción ovulatoria., XXXI REUNIÓN ANUAL VIRTUAL SOCIEDAD CHILENA DE REPRODUCCIÓN Y DESARROLLO, CHILE, Santiago, 2020

- 3 Plaza A, Pilar Vigil, Juan Pablo Del Río, Prevalencia y caracterización de las causas de disfunción ovulatoria en mujeres entre los 22 a 38 años: estudio de corte transversal, V Congreso Chileno de Estudiantes de Medicina, CHILE, Santiago, 2020
- 4 Rebolledo V, Juan Pablo Del Río, Asociación entre cambios en los patrones de sueño de niños de Chile entre 0 – 11 años durante la pandemia COVID-19 y percepción materna de tiempo en pantallas: estudio transversal, V Congreso Chileno de Estudiantes de Medicina, CHILE, Santiago, 2020
- 5 Del Río JP, Valentina Rebolledo, Josefina Escobar, Characterisation of quarantine impact in mental health of early adolescents during the COVID-19 pandemic in Chile, 12th International Association for Adolescent Health, PERU, Lima, 2020
- 6 Del Río JP, Pilar Vigil, Alejandra Plaza, Characterisation of ovulatory dysfunction in adolescents: reasons for presenting complaints and causes., 12th International Association for Adolescent Health, CHILE, Santiago, 2020
- 7 Del Río JP, Carolina Lyon, Pilar Vigil, Prevalencia de estados anímicos alterados en adolescentes con disfunción ovulatoria y su correlación con niveles hormonales., XXXVII Congreso Internacional de la Sociedad de Psiquiatría y Neurología Infantil, CHILE, Iquique, 2020
- 8 Del Río JP, Javiera Díaz, Anastasia Canahuate, Caracterización del cociente de empatía y sistematización en mujeres adolescentes tardías, XXXVII Congreso Internacional de la Sociedad de Psiquiatría y Neurología Infantil, CHILE, Iquique, 2020
- 9 Del Río JP, Andrea Carrillo, María José Cadagan, Aumento de los afectos negativos en mujeres adolescentes tardías durante la pandemia por COVID-19, XXXVII Congreso Internacional de la Sociedad de Psiquiatría y Neurología Infantil, CHILE, Iquique, 2020
- 10 Del Río JP, Anastasia Canahuate, Pilar Vigil, Prevalencia y caracterización de alteraciones de prolactina en dos poblaciones de mujeres con disfunción ovulatoria: estudio de corte transversal analítico, XXXVII Congreso Chileno de Obstetricia y Ginecología, CHILE, Viña del Mar, 2020
- 11 Plaza A, Juan Pablo del Río, Pilar Vigil, Caracterización de la disfunción ovulatoria en adolescentes: causas y motivos de consulta, XXXI REUNIÓN ANUAL VIRTUAL SOCIEDAD CHILENA DE REPRODUCCIÓN Y DESARROLLO, CHILE, Santiago, 2020
- 12 del Río JP, Gutiérrez P, Dabed F, Carrillo A, Canahuate A, Vigil P, Prevalencia y caracterización de predictores para insulina resistencia en pacientes entre 22 y 28 años con disfunción ovulatoria: estudio de corte transversal analítico, XXXVII Congreso Chileno de Ginecología y Obstetricia, CHILE, Santiago, 2020
- 13 del Río JP, Gutiérrez P, Canahuate A, Carrillo A, Dabed F, Vigil P, Prevalencia y caracterización de alteraciones de prolactina en dos poblaciones de mujeres con disfunción ovulatoria: estudio de corte transversal analítico, XXXVII Congreso Chileno de Ginecología y Obstetricia, CHILE, Santiago, 2020
- 14 del Río JP, Lyon C, Vigil P, Prevalencia de estados anímicos alterados en adolescentes con disfunción ovulatoria y su correlación con niveles hormonales., XXXVII Congreso SOPNIA 2019, CHILE, Iquique, 2020, 10

- 15 del Río JP, Gutiérrez P, Parodi MP, Bernal Y, Vigil P, Prevalencia y caracterización de hiperandrogenemia en pacientes adolescentes con disfunción ovulatoria, Congreso Latinoamericano Conjunto de Reproducción, CHILE, Santiago, 2019
- 16 del Río JP, Gutiérrez P, Parodi MP, Bernal Y, Vigil P, Caracterización de las causas de disfunción ovulatoria en dos cohortes de mujeres en edad reproductiva, Congreso Latinoamericano Conjunto de Reproducción, CHILE, Santiago, 2019
- 17 Del Río JP, Hevia G, Rioseco H, Vigil P, Association between allergen-specific immunologic reactions and reactive hyperprolactinemia in women with ovulatory dysfunction., XXIX Congreso de la Sociedad Chilena de Reproducción y Desarrollo 2018.
- 18 Cortés M.E., Hernández J, Cristi Recabarren E, Del Río JP, Remembering Muhammad Ibn Zakariya al-Razi: Classical Physician, Chemist and Philosopher, : World of Multidisciplinary Research and Application Conference, MALASIA, Kota Kinabalu, 2018
- 19 Hevia G, Del Río JP, Rioseco H, Vigil P, Association between infectious skin diseases and reactive hyperprolactinemia in women with ovulatory dysfunction, XXIX Congreso de la Sociedad Chilena de Reproducción y Desarrollo, CHILE, Viña del Mar, 2018
- 20 Del Río JP, Quezada B, Jarry C, Alvarado J, Rioseco H, Lyon C, Vigil P, Detection of glucose metabolism disorders using OGTT with insulin, in reproductive-aged patients., International Society of Gynecological Endocrinology World Congress 2016, ITALIA, Florence, 2016, 32
- 21 Del Río JP, Elguera C, Sandoval M, Wyneken U, Quintana C, Estudio clínico de una enteropatía inflamatoria aparentemente funcional, I Jornadas Científicas en Salud, CHILE, Santiago, 2015
- 22 Del Río JP, Quezada B, Rioseco H, Quezada JD, Gutiérrez P, Cortes E.M., Vigil P, Study of the sensitivity and specificity of the homa index in relation to OGTTI in patients with ovulatory dysfunction in insulin resistance diagnose., XII REUNIÓN ANUAL SAGACH 2014., CHILE, Santiago, 2015, 375
- 23 Vigil P, Celis D, Salgado A, Del Río JP, Alvarado J, Curvas de glucosa e insulina en pacientes en edad reproductiva con alteraciones en el metabolismo glucídico en comparación con individuos sanos, XII REUNIÓN ANUAL SAGACH 2014., CHILE, Santiago, 2015, 801

Grants

2020 FONDECYT (Governmental Research Grant for Science and Technology)

PhD Student.

Project: Hyperandrogenism during prenatal and pubertal development alters functional brain networks compromising social cognition in daughters of women with Polycystic Ovary Syndrome: a double hit hypothesis.

PI: Dr. Nicolás Crisosto King.

2019 SAVAL Grant for the promising junior researchers.

Project: Hyperandrogenemia and social cognition in women with polycystic ovary syndrome.

PI: Dr. Juan Pablo del Río.

Clinical Experience

- 2020-07 - **Mental Health Physician**
Current Hospital Clínico José Joaquín Aguirre, Santiago de Chile, RM
- Dedicated 12 hours per week as a mental health physician at a medical center for high social risk and low-income patients.
- 2018-12 - **General Physician**
2020-01 Reproductive Health Research Institute, Santiago de Chile, RM
- Dedicated 8 hours per week as physician at a private consult devising treatment plans for patients with complaints involving endocrinological and reproductive systems.
- 2018-07 - **Family Medicine Resident Physician**
2018-10 General Family Center "Dr. Avogadro Aguilera", Santiago de Chile, RM
- Dedicated 44 hours per week as an assistant for family consultations.
 - Implemented follow-up plan to measure and help the adherence to pharmacological treatments.
- 2016-11 - **Rural Medical Intern**
2016-12 "Hospital San Francisco de Pucón", IX Región de la Araucanía, Chile. , Pucon, Chile
- Implemented therapeutic regimens involving medications and other interventions to mitigate symptoms and prevent reoccurrence on rural and low income's patients.
 - More than 160 hours of clinical work.

Outreach Activities

2015-01 -
Current

Youth Director

Teen STAR, Santiago, Chile

- Recruited, developed and encouraged volunteers and parents to provide sexual education activities for youth.
- Scheduled and managed teams of youth volunteers.
- Taught and counseled youth ages 11 to 18.
- Identified and recruited potential volunteer workers.
- Sourced, modified and prepared class curricula and targeted lesson plans based on subject matter requirements.
- Assisted in creation and implementation of national wide courses aimed for more than 300 educational agents.

2015-01 -
2018-12

General Coordinator

Teen STAR Chile, Santiago de Chile, RM

- Scheduled and managed teams of more than 100 medical, nursery and obstetric students volunteers as sexual education tutors.
- Lead weekly work groups with low-income teenagers at a high social risk school.

2011-03 -
2015-12

Academic Tutor

Fundación PAIDEIA, San Bernardo, Santiago de Chile

- Helped around 20 very low-income high school students per year prepare for routine and standardized tests, including college entrance exams.
- Planned lessons for allotted time to strengthen weak subjects and build skills.
- Collaborated with students to develop their musical skills.

Languages

- **Spanish:** Native
- **English:** Proficient User