

JUAN PABLO DEL RÍO VIGIL, MD, PHD.

CHILD AND ADOLESCENT PSYCHIATRY SPECIALIST EMAIL: JDELRIO@UCHILE.CL | DOB: 19 MAY 1993 | NATIONALITY: CHILEAN

I. CURRENT ACADEMIC & CLINICAL APPOINTMENTS

- **Assistant Professor (2024–present)** – Department of Child & Adolescent Psychiatry and Mental Health, Faculty of Medicine, University of Chile.
- **International Collaborator (2025 - present)** – Autism Research Centre, Psychiatry Department, Cambridge University, Cambridge, UK.
- **Associate Researcher (2018–present)** – Reproductive Health Research Institute, New York, USA.
- **Child & Adolescent Psychiatrist (2020–present)** – Private Practice, Santiago, Chile.

II. EDUCATION

- **PhD in Medical Sciences (2019–2024)** – University of Chile.
Graduated within top 1% of students.
- **Specialist in Child & Adolescent Psychiatry (2020–2023)** – University of Chile.
Summa Cum Laude.
- **Diploma (2020)** – Methodological Foundations of Scientific Research, University of Chile.
- **MD (2012–2018)** – University of the Andes, Santiago, Chile. *Summa Cum Laude.*
- **Minor in Classical Latin (2012–2014)** – Faculty of Philosophy, University of the Andes, Santiago, Chile.

III. SELECTED PUBLICATIONS

Additional publications available on request

- Díaz J, Del Río JP, Vigil P. (2025) The effect of steroid hormones in the female brain: new tools for mental health. *Rev.chil. Neuro-psiquiat.* ISSN 0717-9227
- Del Río JP, et al. (2025). Women with polycystic ovary syndrome (pcos): likelihood of cooccurring neuropsychiatric conditions and the dual hit hypothesis. *Frontiers in neuroendocrinology.* <Https://doi.org/10.1016/j.yfrne.2025.101188>.
- Del Río JP et al. (2024) Neuroactive hormones and personal growth: associations in chilean adolescents (ages 12–25) with ovulatory dysfunction. *Frontiers in psychology.* <Https://doi.org/10.3389/fpsyg.2024.1433437>.
- Matte R, del Río JP*, Fernandez MO, Crisosto N. (2024) PCOS and Mental Health in Adolescents. *Andes pediatr.* 2024;95(5): 497-505.
Doi:10.32641/andespediatr.v95i5.5229.
- Del Río JP et al.(2020) Tibolone as hormonal therapy and neuroprotective agent. *Trends in endocrinology and metabolism* june 04,

2020doi:<https://doi.org/10.1016/j.tem.2020.04.007>

- **Del Río JP**, et al.(2018) Steroid hormones and their action in women's brains: the importance of hormonal balance. *Frontiers in public health*. 6:141 214-224. Doi: 10.3389/fpubh.2018.00141.

IV. SELECTED SCIENTIFIC PRESENTATIONS

Additional publications available on request.

- Chilean Society of Endocrinology – XXXV International Congress (Puerto Varas, 2024). *Impact of hyperandrogenism on brain, socio-emotional, and functional development in daughters of women with PCOS*. — **Best Endocrinology Research Award**.
- IV Advanced Clinical Research Centers Meeting (Faculty of Medicine, University of Chile, Santiago, 2024). *Hyperandrogenism during brain plasticity increases negative affect and reduces prosocial behaviors in adolescent daughters of women with PCOS*. — **Best Scientific Research Award**.
- ENDO 2024 (Boston, USA). *Hyperandrogenism and its influence on emotional and social development in adolescent daughters of women with PCOS*.
- 12th International Meeting on Steroids & Nervous System (Torino, Italy, 2024). *Hyperandrogenism during high brain plasticity periods and socioemotional outcomes in PCOS daughters*.
- SOPNIA – XXXVL International Congress (Viña del Mar, 2023). *Emotional distress and reduced social cognition as a consequence of high androgen levels during brain plasticity periods in adolescents with PCOS*. — **Second Place, Scientific Research Award**.
- SOPNIA – XXXVIII International Congress (Santiago, 2021). *Psychological symptoms by age group in Chilean children (0–11) during COVID-19: analytical cross-sectional study*. — **Second Place, Scientific Research Award**.

V. FUNDED RESEARCH

- Co-Principal Investigator (2026-2028), Prenatal clinical biomarkers in autism spectrum disorder: a cross-sectional study in the Chilean pediatric population, stratified by age and sex.
- Co-Principal Investigator (2025–2027). *Routine Outcome Monitoring (ROM) of mental-health interventions for children and adolescents in naturalistic contexts*. OPENICSS 01012024, Faculty of Medicine, University of Chile.
- PhD Student Researcher (2020–2024). *Hyperandrogenism during prenatal and pubertal development: functional networks and social cognition in daughters of women with PCOS (double-hit)*. FONDECYT 1210261.
- Principal Investigator (2019–2020). *Hyperandrogenemia and social cognition in women with PCOS*. SAVAL Research Fund.

VI. SELECTED OUTREACH & PUBLIC ENGAGEMENT ACTIVITIES TEACHING ACTIVITIES (SELECTED)

- Course Director, *Child and Adolescent Liaison Psychiatry* (2023–present) University of Chile. Designed and implemented a new training module bridging hospital and primary care systems for residents.
- Course Director, *Child and Adolescent Psychopathology* (2023–present) – University of Chile. Developed an integrative curriculum combining neuroscience, developmental psychology, and clinical cases.
- Course Director, *Methodological basis of research in child and adolescent psychiatry* (2024–present). University of Chile. Designed and implemented a course for the engage of future child and adolescent psychiatry in clinical and local oriented research.

OUTREACH AND PUBLIC ENGAGEMENT (SELECTED)

- National TV Appearance - Canal Tele13 (2025) - Hablemos de Chile – Adolescence and Its Challenges.
- National TV Appearance - CNN Chile (2025) - Programa SanaMente – Affective Relationships in Generation Z.
- National Radio Appearance - Radio Futuro (2025) – Mental Health of Children and Adolescents.
- National TV Appearance - CNN Chile – SanaMente (2024): “Quiet Ambition: The New Phenomenon Among Youth.”
- National Press Appearance - Revista Ya, El Mercurio (2024): “Parenting and Children: Giving Mental Health as a Gift.”
- National Press Appearance - Revista Paula, La Tercera (2023): “Adolescent Suicide: Loneliness and Loss of Meaning.”
- National Radio Appearance - Radio ADN (2021): “The Mental Health of Children and Adolescents.”

COMMUNITY AND EDUCATIONAL LEADERSHIP (SELECTED)

- Teletón Foundation (2025): “Caring for the Mental Health of Caregivers of Children with Physical Disabilities.”
- Medical Outreach Campaign (2023): Led psychiatry specialty operations to reduce child/adolescent waitlists, CESFAM Panguipulli.
- Teen STAR Foundation (2020–2023): Speaker and trainer in programs on adolescent emotional health, identity, and sexuality. Worked with adolescents and school teachers.

IX. HONORS & AWARDS

- Best Endocrinology Research Award (2024) – Chilean Society of Endocrinology.
- Best Scientific Research Award (2024) – University of Chile, Faculty of Medicine.
- Young Researchers’ Program Fellowship (2024) – Steroid and Nervous System Meeting. University of Torino, Italy.

- Young Physician Leaders (2021) – International InterAcademy Partnership, Berlin.
Selected among 20 outstanding young physicians from around the world who show remarkable leadership capacities.
- SAVAL Junior Investigator Grant (2019) – PCOS and Social Cognition.
- Full Faculty Scholarship (2019) – PhD & Psychiatry Specialty, University of Chile.