

1. Personal information

First name	Daniel		
Family name	Sanabria		
Gender (*)	Masculino	Birth date	22/05/1976
e-mail	daniel@ugr.es	https://hbc.ugr.es/cognitive-affect-dynamics/	
Position	Full Professor since November 2019		
Institution	University of Granada, Spain		
Department/Center	Experimental Psychology	Faculty of Psychology/Mind Brain and Behavioral Research Center	

2. Previous positions

Period	Position/Institution/Country/Interruption cause
1994-1999	Psychology graduate student, University of Granada
2000-2002	Master student, University of Granada
2002-2005	PhD student, University of Oxford, UK
2005-2006	Postdoctoral researcher, University of Oxford, UK
2006-2008	Lecturer (Ayudante doctor), University of Granada, Spain
2008-2012	Lecturer (Contratado Doctor), University of Granada, Spain
2012-2019	Senior lecturer (Titular de Universidad), University of Granada, Spain

3. Most relevant publications (check https://scholar.google.es/citations?hl=es&user=5pm-QIoAAAAJ&view_op=list_works&sortby=pubdate for a complete list of articles)

- Holgado, D., Jolidon, L., Borragán, G., **Sanabria, D.**, & Place, N. (2023). Individualized Mental Fatigue Does Not Impact Neuromuscular Function and Exercise Performance. *Medicine and Science in Sports and Exercise*, 55(10), 1823-1834.
- Holgado, D., Cailleux, A., Ruggeri, P., Martarelli, C., Bekinshtein, T. A., **Sanabria, D.**, & Place, N. (2025). Individualized Cognitive Effort to Failure Does Not Impact Subsequent Strenuous Physical Performance. *Medicine and Science in Sports and Exercise*. <https://doi.org/10.1249/MSS.0000000000003669>
- Pérez-Díaz, J.-J., Benítez, I., Salas-Montoro, J.-A., Zabala, M., & **Sanabria, D.** (2026). Can't hold any more! A large survey on cycling subjective experience at the limit of effort. *Psychology of Sport and Exercise*, 82, 102991. <https://doi.org/10.1016/j.psychsport.2025.102991>
- Ciria, L.F., Román-Caballero, R., Vadillo, M., 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 Behavior*, 7, 928-941.
- Alameda, C., **Sanabria, D.**, & Ciria, L. F. (2022). The brain in flow: A systematic review on the neural basis of the flow state. *Cortex*, 154, 348-364.
- Ciria, L., Suárez-Pinilla, M., Williams, A.G., Perakakis, P., **Sanabria, D.**, & Bekinshtein, T. (2021). Different underlying mechanisms for high and low arousal in probabilistic learning in humans. *Cortex*, 143, 180-194.
- Holgado, D., **Sanabria, D.**, Perales, J.C., & Vadillo, M.Á. (2020). Mental fatigue might be not so bad for exercise performance after all: a systematic review and bias sensitive analysis. *Journal of Cognition*, 9;3(1):38.
- Holgado, D., & **Sanabria, D.** (2020). Does self-paced exercise depend on executive processing? A narrative review of the current evidence. *International Review of Sport and Exercise Psychology*, 14, 130-153.
- Holgado, D., Troya, E., Perales, J.C., Vadillo, M.Á., & **Sanabria, D.** (2020) Does mental fatigue impair physical performance? A replication study. *European Journal of Sport Science*, 21(5):762-770.
- Ciria, L.F., Luque-Casado, A., **Sanabria, D.**, Holgado, D., Ivanov, P., & Perakakis, P. (2019). Oscillatory brain activity during acute exercise: Tonic and transient neural response to an Oddball task. *Psychophysiology*. 56(5):e1332.
- Holgado, D., Vadillo, M. A., & **Sanabria, D.** (2019). The effects of transcranial direct current stimulation on objective and subjective indexes of exercise performance: A systematic review and meta-analysis. *Brain Stimulation*, 12(2):242-250.

12. Holgado, D., Zabala, M., & **Sanabria, D.** (2019). No evidence of the effect of cognitive load on self-paced cycling performance. *PloS One*, 14(5), e0217825.
13. Ciria, L. F., Perakakis, P., Luque-Casado, A., & **Sanabria, D.** (2018). Physical exercise increases overall brain oscillatory activity but does not influence inhibitory control in young adults. *NeuroImage*, 181, 203-210.
14. Avancini, C., Ciria, L. F., Alameda, C., Palenciano, A. F., Canales-Johnson, A., Bekinschtein, T. A., & **Sanabria, D.** (2024). High-intensity physiological activation disrupts the neural signatures of conflict processing. *Communications Biology*, 7(1), 1-12.

3. Grants

1. Stepping into a distinct state: a novel approach to unravel neural auditory processing and representation while walking, PID2023-152135NB-I00, MICINN: 2024-2027, 162500€, **PI: Daniel Sanabria**
2. MONitoring and InTelligenT analysis of the physical, social and emotional behaviOR of the Spanish population for the characterization and control of COVID-19 (MONITOR-COVID; CV20-29556). Consejería de Transformación Económica, Industria, Conocimiento y Universidades de la Junta de Andalucía: 14/11/2020 - 13/11/2021. 28.500,00 €. Principal investigator: Baños, Oresti. **Daniel Sanabria** is part of the **research team**.
3. An Intelligent Framework to Scrutinise the Social, Behavioural and Emotional Impact of COVID-19 (POSTCOVID-AI), SR20-00668, Proyecto Social Research Call 2020 of "La Caixa" Foundation, 01/02/2021 - 31/01/2023. 96.000,00 €, PI: Baños, Oresti. Daniel Sanabria is part of the research team.
4. Putting the brain to work: Self-paced acute aerobic exercise and executive control. PSI2016-75956-P (MICINN: 2017-2020). 54500€. **Principal investigator: Daniel Sanabria**
5. Dinámica cognitiva y neural de las transiciones durante el ejercicio físico. PID2019-105635GB-I00, Ministerio de Ciencia e Innovación, 2020-2023. 127050€. **Principal investigator: Daniel Sanabria**
6. PSI2013-46385-P: Sustained attention, physical exercise and cardiovascular fitness: knowledge from EEG and EKG (MICINN: 2014-2017). 66.550€. **Principal investigator: Daniel Sanabria**
7. Proyecto SEJ 06414: Physical exercise and high-order cognitive processes (Proyecto de Excelencia de la Junta de Andalucía, 2011-2015). 140.764€. **Principal investigator: Daniel Sanabria**
8. Proyecto PSI2010-19655: Attending and recognizing your hands: A behavioral, electrophysiological and fMRI research. (MICINN: 2010/2013). 72.600€. **Principal investigator: Daniel Sanabria**
9. Proyecto SEJ2007-63645: The role of attentional processing in multisensorial integration (MEC; 10-2007/10-2010). 104.060€. **Principal investigator: Daniel Sanabria**
10. Proyecto de Excelencia de la Junta de Andalucía (SEJ-30-54). Fundamentos neurocognitivos de la influencia de los ritmos circadianos sobre la atención y la toma de decisiones, 2014-2018. Principal investigator: Ángel Correa. **Daniel Sanabria** was part of the **research team**
11. Proyecto Consolider-Ingenio: Cognición y Educación; 2010-2014 CSD2008-00048 del Ministerio de Ciencia e Innovación. Principal investigator: Manuel Carreiras. **Daniel Sanabria** was part of the **research team**.
12. Proyecto Hum-5422- Control cognitivo y emocional: Análisis de sus relaciones y medición. 2010-2014. Proyecto de Excelencia de la Junta de Andalucía. Principal investigator: Alberto Acosta. **Daniel Sanabria** was part of the **research team**.
13. Proyecto SEJ-03299: Convivencia y resolución de conflictos en el ámbito escolar: Control y autoregulación emocional desde la neurociencia cognitiva; 2008-2012, Proyecto de Excelencia de la Junta de Andalucía. Principal investigator: Pío Tudela. **Daniel Sanabria** was part of the **research team**.

4. Contracts, technological or transfer merits,

1. Tramadol and sport: Effects on physical and sustained attention performance during cycling exercise. World Antidoping Agency (1 año, 2016). 75000\$. 15C01DS. **Principal Investigator: Daniel Sanabria**
2. Clinical trial on the effects of tramadol and paracetamol on physical, cognitive and brain performance during cycling. 17C09DL. World Antidoping Agency (2018-2020). 112000\$. **Principal Investigator: Daniel Sanabria**