

Report of CBIOS visit (Ana M. Gómez)

The CBIOS was founded in 2011 as an interdisciplinary research center of *Universidade Lusófona*. It comprises a number of researchers (around 36), from which approximately half are PhD students. The CBIOS Team is very enthusiastic in developing Integrated Health Strategies by applying the competence of all their members in five research domains, namely: *i*) Modeling Systems (MoSys); *ii*) Development of Delivery Systems (DDS); *iii*) Natural Bioactives (Bio. Natural); *iv*) Pharmacology and Molecular Mechanisms (PMM) and *v*) Nutrition and Health Promotion (NHP).

Despite its limited size and scarce financial resources, they have set up a good research unit, producing valuable scientific outputs. The team has a realistic and timely approach and is completely aware of the challenges associated with being associated with a private university.

The research objectives are in coherence with the expertise and the potential of the research unit. There exist an efficient structure to integrate all the strands of the research, and the members of the unit form a cohesive group, with well-defined roles and responsibilities. However, it is my impression that research is fragmented among diverse topics and with various research directions. The group should consider working closely to identify new opportunities in a joint project towards a general goal. This integration could help members to jointly respond to common challenges, reach critical mass and could ultimately result in publications of higher impact.

The scientific productivity of the CBIOS, in terms of the amount and the quality of the publications in specialized journals, can be considered as good. In fact, the unit publishes regularly in peer-reviewed journals, and their level of output has increased significantly in the last years. The research unit is on a good track to consolidate this strength, however, publication in multidisciplinary journals with higher impact-factors might be desirable. The research output across members of the unit seems fairly homogeneous, showing good management practices. Most of the research groups have many ongoing external collaborations and enforcing this strategy will help to integrate research unit members in the international scientific community.

As far as instrumentation is concerned, CBIOS has all the necessary equipment needed to perform their regular activities. Medium equipment is available on site, and expensive equipment is employed via third party services, hence no major inconveniences will be expected.

The CBIOS permanent staff-members are strongly involved in the organization and teaching of several health-sciences courses at the *Universidade Lusófona*, thus limiting the amount of effort they could dedicate to research activities. Their correct participation in dissemination activities directed to the general public has been demonstrated. On the other hand, at the present CBIOS does not seem to be focused on patenting the research results, even though the transfer of Knowledge through the collaboration with companies could add additional value to the team.