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Confirmation Number: 1786487

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Mr. Pablo Manuel Garcia de Paredes

Correspondence language: English

Sex: Male

Date of Birth: 9/14

Designated Group: Visible Minority

Canadian Residency Status: Study Permit

Applied for Permanent Residency?: No

Country of Citizenship: Panama

Contact Information

The primary information is denoted by (*)

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Website

Personal

<http://pablogdp.com/>

Mr. Pablo Garcia de Paredes

Language Skills

Language	Read	Write	Speak	Understand	Peer Review
English	Yes	Yes	Yes	Yes	Yes
French	Yes	Yes	Yes	Yes	Yes
Russian	No	No	No	Yes	No
Spanish; Castilian	Yes	Yes	Yes	Yes	Yes

Degrees

2020/8 (2024/9)	<p>Doctorate, Doctorate in Architecture, Environmental Design, Université Laval</p> <p>Degree Status: In Progress</p> <p>Thesis Title: The contribution of the residential situation and adaptation capacity to mental health and the meaning of home during the pandemic</p> <p>Transferred to PhD without completing Masters?: No</p> <p>Supervisors: Carole Despres, 2020/8 - 2024/12</p> <p>Research Disciplines: Architecture and Design, Urban Studies, Communication</p> <p>Areas of Research: Environmental Design</p> <p>Fields of Application: Construction, Communication and Information Technologies, Land Management</p>
2018/2 - 2023/2	<p>Doctorate, Doctorate in Humanities and Social Sciences, Social-spatial representations, Universidad de Panama</p> <p>Degree Status: Completed</p> <p>Thesis Title: SOCIOCULTURAL IDENTITY AS AN EXTENSION OF THE EMPIRICAL BASIS OF ARCHITECTURAL DESIGN IN THE CITY OF PANAMA</p> <p>Transferred to PhD without completing Masters?: No</p> <p>Supervisors: Patricio Carnelli, 2020/2 - 2021/12</p> <p>Research Disciplines: Urban Studies, Sociology, Philosophy</p> <p>Areas of Research: Environmental Design</p> <p>Fields of Application: Land Management, Economic Policies, Culture</p>
2010/7 - 2011/12	<p>Certificate, Professional in Business Administration, Finance, Tulane University</p> <p>Degree Status: Completed</p> <p>Thesis Title: NO Thesis</p>

2010/1 - 2011/12 Master's Thesis, Masters in business administration, Economy and Environment,
Universidad de Belgrano
Degree Status: Completed
Thesis Title: New Technology Use and Deployment in Monopoly-Based Economic
Environments in Panamá

Research Disciplines: Business Administration, Economics
Areas of Research: Design and Planning of Space
Fields of Application: Land Management, Economic Policies

Recognitions

2021/1 - 2021/12 Research funds contest named: Convocatoria Universitaria de Fondos de Investigacion
CUFI by the University of Panama - 5,000 (United States dollar)
Universidad de Panama
Prize / Award
This prize is an award to outstanding research projects, granted to fund my doctoral thesis
in the University of Panama

Research Disciplines: Sociology
Areas of Research: Environmental Design
Fields of Application: Land Management

2021/1 - 2022/11 INGSA (International Network for Government Science Advice) Knowledge Associate for
2021-2022 - 8,000 (Euro)
International Network for Government Science Advice (ISC)
Prize / Award
INGSA is proud to partner with the Canadian International Development Research Centre
(IDRC) to provide six professional development grants to support early-to-mid career
researchers and policy professionals in Low and Middle Income Countries. These 18-
month grants will enable these INGSA Knowledge Associates to undertake deep-dive
case studies on their country's use of evidence in policy decisions related to Covid-19.

Research Disciplines: Urban Studies
Areas of Research: State Affairs, Ideology and Social Policy
Fields of Application: Population, Social Solidarity

2021/1 - 2022/6

The Michael Brill Research Grant In Urban Communication and Community Design - EDRA - 3,000 (United States dollar)
EDRA Environmental Design Research Association
Prize / Award

The Michael Brill Research Grant for Urban Communication and Community Design supports innovative research that seeks to enhance the quality of community life by examining human communicative behavior in the context of the technologies and the physical environments in which those interactions occur. This research should address and connect theoretical perspectives from the fields of communication, design and the social sciences. Research supported by the Brill Grant may focus on how physical community places influence the mode, nature, and content of human communicative behavior OR use a communication lens for examining community places and human activity

Research Disciplines: Architecture and Design

Areas of Research: Environmental Design

Fields of Application: Communication and Information Technologies, Land Management

User Profile

Researcher Status: Doctoral Student

Research Career Start Date: 2018/05/01

Engaged in Clinical Research?: No

Key Theory / Methodology: My interdisciplinary research explores how housing affects mental health, space-use behaviors, and psychological bonding with places in various scales (neighborhood, city, etc), from the perspective of ecological psychology. I integrate material aspects of housing, such as material adaptations of dwellings, with symbolic ones like the concept of home. Methods: AI-assisted thematic analysis, random forests for data mining, R statistics for multiple factor analysis (MFA), and regression models.

Research Interests: I am interested in the intersection of architecture, psychology, sociology, urban planning, and mental health, focusing on how housing shapes psychological well-being, satisfaction, and space-use behaviors. Central to my work is the investigation of how both physical and symbolic aspects of dwellings influence mental health outcomes and adaptation behaviors, particularly under conditions of socio-economic stress, housing inequality, and crises such as the COVID-19 pandemic. I am also interested in understanding how housing affects residential satisfaction measures and about adapting new design principles to improve quality of life. Additionally, I explore the potential of advanced analytical techniques, including AI-assisted content analysis and machine learning, to enhance qualitative research. I aim to address complex urban issues and develop evidence-based solutions that contribute to healthier environments, linking research and the practice of architecture and planning.

Research Experience Summary: My work, published in Spanish, French, and English across Costa Rica, Argentina, Canada, Denmark, New Zealand, USA, and Panama, spans architecture, health, public policy, and social science journals. It includes both private and academic research, highlighting significant transdisciplinary and interdisciplinary contributions. I have worked with MAVIPAN, an interdisciplinary research project with socioeconomic and health data of 3,000+ participants, served as a Knowledge Associate for INGEA, and conducted research for housing development companies. This experience has enabled me to effectively communicate scientific findings, publish in high-quality journals, and utilize various media for outreach. My work integrates findings into architectural and planning practice, focusing on evidence-based design and policy to create healthier, more resilient environments. By bridging research and practice, I aim to enhance understanding of how housing impacts community resilience.

Research Specialization Keywords: concept of home, residential situation, housing studies, housing policy

Technological Applications:

Disciplines Trained In: Architecture and Design, Sociology, Business Administration, Psychology

Research Disciplines: Architecture and Design, Sociology, Public Administration

Areas of Research: Environmental Design

Fields of Application: Land Management, Communication and Information Technologies, Culture, Economic Policies

Geographical Regions: North America, Central America

Countries: Canada, Panama

Employment

2023/6 - 2023/8	<p>Contract for the investigation of an urban conflict requested by the real estate company SUCASA.</p> <p>Architecture, SUCASA</p> <p>Full-time</p> <p>The contract consisted of surveying the community (mainly elderly people) where the project was to be built and understanding the reasons for their opposition to its construction. I designed a research project that contrasts the residential situation of the inhabitants of the area with a home attachment scale to see to what extent emotional factors are part of the refusal to support the project. The project involved 4 residential towers and a small shopping mall in a 15 acre lot of prime real estate in Panama City's center.</p> <p>Research Disciplines: Architecture and Design</p>
2022/8 - 2023/6	<p>Land-use planning project of 100 hectares for the real estate company SUCASA Group in Panama.</p> <p>Urban planning, SUCASA</p> <p>Full-time</p> <p>Lead Urban planner/principal architect for the project. My work included hiring aides for multiple tasks, planning of all urban infrastructure, zoning, planning of architectural typologies, designing public parks and investigating/writing the complete report to be presented to the authorities with all the socioeconomic information and future projections of the area of impact of the mixed-use project.</p> <p>Research Disciplines: Architecture and Design</p>
2020/9 - 2021/9	<p>2020-2021 Research Assistant</p> <p>Architecture, Architecture, Université Laval</p> <p>Part-time, Sessional</p> <p>Tenure Status: Non Tenure Track</p> <p>1 Transcription and analysis of 7 forums and plenary session on the Impact of iv-19 on People-Environment relations, held at the Conference of the International Association of People-Environment Studies, 21-26 June 2020 (500 hundred participants from 5 continents (www.iaps2020.com) 2 Assistance to the organization of an Intensive Session on at the Environmental Design Research Conference: <i>Exploring induced changes in people-environment relations due to the pandemic and their impacts on social inequalities: housing, public transport and green spaces</i> (8 participants from 5 countries)</p> <p>Research Disciplines: Architecture and Design</p> <p>Areas of Research: Environmental Design, Environmental Planning Practices</p> <p>Fields of Application: Land Management, Culture</p>

- 2011/6 - 2021/5
Independent Architectural Designer and Builder
Independent Architectural Designer and Builder
Full-time
Private sector: I've personally designed and built many residential and commercial buildings of different scales and budgets, employing and managing a wide variety of professionals and tradesmen. My work as a practitioner has included a broad number of projects of different kinds; designing and building restaurants, paintball parks, pet hotels, doing master plans, designing wooden structures, metal frame buildings, beach houses, and many more.
- 2011/1 - 2021/5
Entrepreneur- Owner of two businesses. Logunova (linen clothes luxury brand) and Kansai Sewing Machines (industrial machine distribution)
Entrepreneur
Full-time
My entrepreneurial work is concerned with two brands that are at the same time legal copyrights: Kansai and Logunova. Kansai is a sewing machine distributing company and Logunova is a high-end linen clothes manufacturing business.
- 2018/2 - 2018/6
Communications Manager for the National Planning Policy Project being developed by the government of Panama. I worked for the main IDB contractor in charge of this policy advisory program.
IDB Interamerican Development Bank
Part-time
Creating communication strategies and animated-videos for the National Planning Policy Project being developed by the government of Panamá together with the Interamerican development Bank. (IDB)
- 2018/1 - 2018/4
Urban Planning Summer Course
Urban Planning, Architecture, Universidad de Panama
Full-time, Sessional, Professor
Tenure Status: Non Tenure Track
This year, we organized the course to focus on a specific problem; a public space that needed renovation in a disadvantaged part of the city. Students analyzed the social, economic, and physical context to develop design strategies that could yield better use patterns, sustainability, and economic benefits to the community.
Research Disciplines: Architecture and Design, Urban Studies
Areas of Research: Environmental Design
Fields of Application: Land Management
- 2016/1 - 2017/7
Project Manager for Panama's most prestigious building contractor firm, Diaz y Guardia Diaz y Guardia (Contractors)
Full-time
Private Sector: In house project manager for Panama's oldest and most prestigious firm, Diaz y Guardia, managing a risky remodelling project that included building on premises that were being used and the budget exceeded 1 million USD.

2016/1 - 2016/4 Urban Design Summer Course
 Urban Design, Architecture, Universidad de Panama
 Full-time, Sessional, Professor
 Tenure Status: Non Tenure Track
 The course targets architecture students who want to develop their knowledge and design skills around the key factors that affect cities, aiming to inform design practice. The transformative elements of urban design were discussed using a learning-oriented pedagogical framework.

Research Disciplines: Architecture and Design, Urban Studies

Areas of Research: Environmental Design

Fields of Application: Land Management

Affiliations

The primary affiliation is denoted by (*)

(*) 2020/8 - 2024/8 PhD Student in Architecture, Architecture, Université Laval

2018/3 - 2021/12 PhD Student In Humanities and Social Sciences, Humanities and social sciences, Universidad de Panama

Research Funding History

Awarded [n=5]

2024/1 - 2025/1
Principal Applicant Fonds stratégique de développement de la recherche de VITAM, Grant, Operating Clinical Research Project?: No
 Project Description: In the context of my doctoral project, these funds were awarded to finance the operations and outreach activities of the doctoral project, focused on housing and mental health. The VITAM center specializes in sustainable health research.
 Research Uptake: The center's grant includes multiple mandatory outreach activities, both with researchers within the center and with the general public.

2020/8 - 2024/12
Principal Applicant Exemption from additional tuition fees for international students Scholarship, Université Laval., Scholarship
 Project Description: The Tuition exemption totals 40 000 CAD over 4 years, which means a yearly exemption of 10 000 CAD

Funding Sources:

2020/1 - 2023/12 Fondation de l'Université Laval
 Tuition fees exemption
 Total Funding - 40,000 (Canadian dollar)
 Funding Competitive?: Yes

2021/6 - 2024/2
Co-investigator MAVIPAN Research Grant for a Quantitative and a Qualitative project. MAVIPAN: My life during the pandemic is a joint research repeated measures / longitudinal project with a 3800 participant sample., Grant, Operating
 Project Description: My project is two fold: the first part, which is quantitative, studies the influence of housing characteristics on mental health. The second part studies adaptation strategies within different housing situations and participant's changing representations of home.

Funding Sources:

2021/6 - 2023/9 CIUSSS de la capitale
 Total Funding - 30,000 (Canadian dollar) (Canadian dollar)
 Funding Renewable?: No
 Funding Competitive?: Yes

2020/8 - 2021/8
 Co-investigator

Research thesis funds as part of research program "Ville et Covid", within the group called Groupe de recherche Accès à la cité, Centre de recherche en aménagement et développement, Laval University, Grant, Operating
 Project Description: Research funds: 10 000\$ CAD

Funding Sources:

2020/8 - 2021/12 Groupe de recherche Accès à la cité, Centre de recherche en aménagement et développement
 Groupe de recherche Accès à la cité, Centre de recherche en aménagement et développement
 Total Funding - 10,000 (Canadian dollar)
 Funding Competitive?: Yes

2020/1 - 2021/7
 Principal Investigator

Financial aid funds for disadvantaged students in IFARHU

Funding Sources:

2020/4 - 2021/7 IFARHU
 Economic aid
 Total Funding - 4,800 (United States dollar)
 Funding Competitive?: No

Conference Review Activities

2022/2 - 2022/3

Conference paper reviewer, The 27th IAPS Conference, Double Blind, ISCTE Lisboa Portugal, 2022
 Number of Works Reviewed / Refereed: 20

Community and Volunteer Activities

2018/1 - 2019/10

Activist and Architect, Independent Activist and architect in Chanis
 I planned and designed a "slow street" in the community of Chanis. I went house by house in the neighborhood to get their input and talk about the project. Went back to the design table, organized meetings, and presented the project to the local authorities. We got only a fraction of what we asked for, but the project is there, as well as the experience of community participatory design.

Committee Memberships

2022/10 - 2023/11

Committee Member, INGSALAC Steering Committee MEMBER (International network for government science advice), INGSALAC
 My role in the committee includes coordination of studies, activities and training. We meet once a month. Right now we are conducting a study to understand the state of scientific advice to the Panamanian government and other countries in the region.

Other Memberships

2021/1	<p>Member, Network of Researchers on the Appropriation of Digital Technologies</p> <p>The Network of Researchers on the Appropriation of Digital Technologies (RIAT in spanish) seeks to promote the constitution of a field of knowledge oriented to the analysis of problems related to the appropriation of technologies. Many Latin American researchers of global prestige are part of the network. The members agree that this link between the pesoonas and technology (appropriation), expresses in different ways a potential for autonomy of the subjects in relation to the expectations that markets or governments have about it. The study of appropriation is a multidisciplinary field with great implications for the future of the social sciences.</p>
2021/9 - 2025/9	<p>MAVIPAN student researcher, MAVIPAN research project</p> <p>En tant qu'étudiant-chercheur, j'ai utilisé la base de données MAVIPAN pour mener plusieurs recherches sur le logement et la santé mentale dans la province de Québec au Canada.</p>
2021/9 - 2025/9	<p>Student researcher, VITAM Research Center for Sustainable Health</p> <p>En tant qu'étudiant-chercheur membre et bénéficiaire d'une bourse, j'ai la responsabilité de mener des activités de vulgarisation dans le cadre de mes travaux de recherche.</p>
2021/5 - 2023/5	<p>Member, ENHR European Network for Housing Research</p> <p>The European Network for Housing Research (ENHR) was established in 1988 to provide an organizational platform for institutions and individuals in (and outside) Europe, who are actively engaged in housing research. It now has about 1000 individual and nearly 100 institutional members representing almost every country in Europe. The ENHR structure is based on thematic working groups</p>
2020/11 - 2022/1	<p>Member, EDRA Environmental Design Research Association</p> <p>The Environmental Design Research Association (EDRA) is an international,interdisciplinary organization founded in 1968 by design professionals, socialscientists, students, educators, and facility managers. EDRA came into being inthe 1960s, during a period of social awareness and social unrest, but also newhorizons and new visions. True to its origins, EDRA continues to believe in anagenda of social responsibility that has grown from a barely perceptible ideato a more fully-formed vision for healthier, more democratic humanenvironments.</p>

Presentations

- Estelle Duval and Catherine Chouinard. (2024). Exploratory practice Workshop: The role of Artificial Intelligence-Assisted Qualitative Analysis in Architectural Practice. EAAE/ARCC CONFERENCE 2024 Architecture Into the Unknown, Aarhus, Denmark

Main Audience: Researcher

Invited?: Yes, Keynote?: No, Competitive?: Yes

Description / Contribution Value: My contribution to the presentation was to explain my experience, providing a second case study. I also animated the final part during the conversation with the audience.

Funding Sources: Université Laval

2. (2024). Rethinking the home office: Teleworking mothers' material housing adaptations during COVID-19. EAAE/ARCC CONFERENCE 2024 Architecture Into the Unknown, Aarhus, Denmark
Main Audience: Researcher
Invited?: Yes, Keynote?: No, Competitive?: Yes
Description / Contribution Value: This presentation dealt with the paper of the same name. The idea was to present the findings and discuss with the specialized audience the potential changes to home design and furnishings in a post-pandemic work-at-home future.
Funding Sources: Université Laval
3. (2023). L'impact du logement sur la santé mentale pendant la pandémie. Symposium MAVIPAN 2023, Quebec, Canada
Main Audience: Researcher
Invited?: Yes, Keynote?: No, Competitive?: Yes
Description / Contribution Value: It was an infographic with an animated video explanation. In this way I virtually presented my research findings on the effect of housing on mental health.
4. (2022). Effets de l'utilisation intensive des technologies dans les foyers, le cas du télétravail en temps de Covid-19. ACFAS, 89e Congrès d l'ACFAS, Quebec, Canada
Main Audience: Researcher
Invited?: No, Keynote?: No, Competitive?: Yes
Description / Contribution Value: Research presentation through a registered video capsule.
5. (2022). Étude de cas du Panama : "La signification des preuves scientifiques dans les pays à revenu intermédiaire". INGSA, 1ère réunion annuelle de l'INGSA (International Network for Government Science Advice). LAC, Virtual, Panama
Main Audience: Researcher
Invited?: Yes, Keynote?: No, Competitive?: No
Description / Contribution Value: INGSA meeting between researchers on government science advice
6. (2022). Pandémie Covid-19, culture numérique et métamorphose du chez-soi. Journée des chercheuses et chercheurs MAVIPAN, Quebec, Canada
Main Audience: Researcher
Invited?: Yes, Keynote?: No, Competitive?: No
Description / Contribution Value: Research presentation
7. (2022). Symbolic and objective control over "home": well-being, temporal aspects, and meanings of home in Quebec, Canada. IAPS Conference 2022. ISCTE, Lisbon, Portugal. Global Challenges, Local Impacts; Rethinking governance, sustainability, and consumption in light of climate change. 5 July 2022. Early Career Researchers Workshop., lisbon, Portugal
Main Audience: Researcher
Invited?: No, Keynote?: No, Competitive?: Yes
Description / Contribution Value: Research presentation
8. (2022). Experiences and meanings of home during the pandemic: A literature review. IAPS Conference 2022. ISCTE, Lisbon, Portugal. Global Challenges, Local Impacts; Rethinking governance, sustainability, and consumption in light of climate change. 6 July 2022. Paper session., Lisbon, Portugal
Main Audience: Researcher
Invited?: No, Keynote?: No, Competitive?: Yes
Description / Contribution Value: Research presentation

9. (2021). The Construction of the Urban Image: Socio-spatial representation in Panama City. XXX Scientific Congress, Humanities and social sciences Faculty in the University of Panama, PANAMA, Panama
Main Audience: Researcher
Invited?: Yes, Keynote?: No, Competitive?: Yes
Description / Contribution Value: The purpose of this presentation was to disseminate the knowledge of my doctoral thesis, which was presented to the jury in August. We were able to create a conversation with the academic community about the findings and how to transfer that knowledge to the practice of the social sciences and humanities.
10. Carole Després, Sherry Ahrentzen, Denise Piché, Homa Jalili Safarian, Sarah Foster, Sebastian Lord. (2021). A Digitally Mediated Experience of Home: Contemporary meanings of home, digital communications and scientific evidence during the global Pandemic. EDRA 52 Environmental Design Research Association, Detroit, United States of America
Main Audience: Researcher
Invited?: No, Keynote?: No, Competitive?: Yes
Description / Contribution Value: This presentation was the result of an exploratory survey in Quebec city. Together with a group of master students, we looked into the changes in habits before and during confinement measures using in-depth interviews with pictures of each surveyed person's house. My work concentrated on representations of home and how digital communications have changed those representations. Parts of the population, especially young adults, took confinement as an opportunity to delve into immersive digital activities like virtual reality games. We measured the change in many variables; what were the changes in the position of digital technologies within the home (ex. were computers in the living room or in the kitchen?), their relative number, and the relative changes in the amount of time dedicated for each digital activity type (emails, e-games, etc). What we found is that young people, who had a very active social life before the pandemic, actually compensated for the lack of socialization.
11. (2021). Le Sentiment de « Chez-Soi » et la Pandémie. 18e Colloque de la Relève, Villes Régions Monde VRM, Quebec, Canada, Quebec City, Canada
Main Audience: Researcher
Invited?: No, Keynote?: No, Competitive?: Yes
Description / Contribution Value: This conference served to disseminate the main elements present in my research. It dealt with the new kinds of digital skills that have invaded our dwellings. We discussed the impact each of these new skills might have regarding housing preferences and housing representations. We intend to explain the recent behavioral changes reflected in surveys; people say they prefer having a bigger house outside of the city and being close to nature while having a small apartment in town. This inversion is the root of several hypotheses we elaborated for future research.
12. (2021). HOME AS A DIGITAL TEMPLE: CHANGING HOUSING PREFERENCES AND THE GLOBAL PANDEMIC. European Network of Housing Research, Nicosia 2021, Unsettled Settlements: Housing in Unstable Context, Nicosia, Cyprus
Main Audience: Researcher
Invited?: No, Keynote?: No, Competitive?: Yes
Description / Contribution Value: This work explores the relationship between housing use, the meaning of home, and digital communications during the global pandemic. Confinement measures provided researchers with a unique opportunity for studying residential environments under intense digital invasion, giving them a glimpse of an immersive high-tech future. Presumably, immersive digital activities (video conferences, video games, virtual reality, etc.) have influenced home representations through new spatial-temporal skills that developed unevenly across groups. Our preliminary analysis shows that younger subjects experienced a higher increase of digital invasion within their households, positioning digital devices in public areas of the house, resulting in different skillsets for virtual and natural environment conciliation during immersive digital activities. We conclude that new digital skills will solicit a variety of housing adaptations depending on their lived experience.

13. (2021). Changes in Housing Preferences and Group Communication Practices Caused by Covid-19. ENHR European Network of Housing Research, seminar; 17 February, 2021 "Changing spatial preferences through Covid-19". Organized by Professor Peter Boelhoefer., Delft, Netherlands
Main Audience: Knowledge User
Invited?: No, Keynote?: No, Competitive?: Yes
Description / Contribution Value: In this presentation, I explored the consequences of confinement measures on people's housing preferences. I concentrated on digital communications and the anthropological changes, like developing new skills, that these technologies will have in the uses and meanings of house and home.
14. (2021). Is Social Distancing's Media Framing an Unjust Environmental Re-education Against the Poor?. EDRA 52, detroit, United States of America
Main Audience: Researcher
Invited?: No, Keynote?: No, Competitive?: Yes
Description / Contribution Value: Paper session presentation. What happens when elitist governments enact social distancing measures on people who can't practice social or physical distance because they live in crowded houses and move in crowded-sub-standard public transport? Does that imply a type of aggressive communication practice? We hypothesize that this type of mandate renders the poor invisible, and further increases their sense of disconnection. Our mixed-methods approach aims at surveying a local population living in the outskirts of the city of Panama. We are studying their representations of home, city, and neighborhood using a simple experiment: they are surveyed while shown mass-media stories of incidents related to the non-compliance of distancing mandates. Presumably, statistical analysis should show a strong correlation between exposure to those stories and a sense of abandonment by authorities. Finally, this data will be compared to previous surveys as a type of experimental control.
15. (2021). Urban Image as the Empirical Basis for Architectural Design. UNIVERSIDAD DE PANAMÁ XXX CONGRESO CIENTÍFICO NACIONAL- III FORO DE URBANISMO La Construcción de la Imagen Urbana, PANAMA, Panama
Main Audience: Researcher
Invited?: Yes, Keynote?: No, Competitive?: Yes
Description / Contribution Value: This conference presents our doctoral thesis findings. The subject matter is of interest to architects and multidisciplinary researchers looking to understand how the image of the city, together with its societal components, takes shape. Our contributions sheds light on how commuting and topological experience of cities shapes culture, including social class representations.
16. (2021). Universities as Translators of Scientific Evidence for Informing Public Policy. IX Central American University Congress, IX Congreso Universitario Centroamericano, Tegucigalpa, Honduras, Tegucigalpa, Honduras
Main Audience: Knowledge User
Invited?: Yes, Keynote?: No, Competitive?: Yes
Description / Contribution Value: This presentation intended to explain why universities are intrinsically qualified for being knowledge translators for informing public policy. Universities concentrate on the scientific work of different disciplines. This is an epistemological problem and an opportunity for the role universities play. The difference in the type of handling that universities give to information makes it impossible to establish a resemblance between the three great institutions of the modern nation-state (Universities, public institutions, and private sector companies). That is to say, companies with their capitalist interests, governments with their electoral interests, and universities with an interest in knowledge and its systematic transmission are not comparable. We argue that Central America would be well served by universities that take their role of knowledge brokers seriously. It is not enough to disseminate knowledge, we must integrate knowledge coming from different disciplines.

17. One Presenter. (2019). Urbanism, poverty and unemployment: Urban typologies, symbols and the destruction of peripheral markets. International History, Anthropology and Historic Tourism Congress (Congreso Internacional de Historia, Antropología y Turismo Histórico Cultural), Panama City, Panama
Main Audience: Researcher
Invited?: No, Keynote?: No, Competitive?: Yes
Description / Contribution Value: My presentation looked at the history of the city of Panama and how neoliberal policies have destroyed peripheral markets since 1990. My intention was to link economic policy, social representations, and urban history so that the audience sees the direct consequences of neoliberal land management and city planning.
18. Tomas Diaz, Keyla Rodriguez, Rafael Holness. (2019). Architectural Design and Interconductive Field Theory in Panama City. 1ST SEMINAR: FOUR SCIENTIFIC PERSPECTIVES ON THE WATER AND SETTLEMENTS CRISIS, Panama City, Panama
Main Audience: Knowledge User
Invited?: No, Keynote?: Yes, Competitive?: No
Description / Contribution Value: This paper evaluates the relevance of studying urban spaces as fields, translating the heritage of Gestalt theory and Kurt Lewin's interbehavioral field theory for application in architectural design.
19. Florencio Diaz, José Lasso, Richard Morales. (2018). Panamá City and its social-environmental crisis. XVI Congreso Nacional de Sociología PRE ALAS/Panamá: Democracia, Desarrollo, Corrupción y Movimientos Sociales en Panamá y América Latina, Panama City, Panama., Panama City, Panama
Main Audience: Researcher
Invited?: Yes, Keynote?: Yes, Competitive?: Yes

Broadcast Interviews

- 2019/12/27 Urbanism and City Planning are More Than Infrastructure, 60 seconds, La estrella de Panama, Lourdes Garcia
<https://www.laestrella.com.pa/nacional/191226/urbanismo-infraestructura>
 Description / Contribution Value: This video was broadcast on the web. I explain that urban planning is more than just infrastructure or services. I try to convey an image of city planning and land management as part of strategic development, encompassing economic, social, and environmental elements.

Text Interviews

- 2021/07/05 The Miami collapse and its lessons in structural prevention, Irene Acosta, La Estrella de Panama
<https://www.laestrella.com.pa/internacional/america/210705/derrumbe-miami-lecciones-prevencion-estru>
 Description / Contribution Value: After the building collapse in Surfside Miami, questions arose around keeping buildings and people safe from extreme climate events. This interview tries to learn from that tragic experience and develop a proactive maintenance culture and the need for architectural design to become more resilient.
- 2020/08/17 Overcoming inequality, a challenge facing Panama City, Astrid Chang, La Estrella de Panama- Newspaper
<https://www.laestrella.com.pa/cafe-estrella/cultura/200817/superar-desigualdad-desafio-enfrenta-ciudad>
 Description / Contribution Value: This article interviewsexperts on how to modify the city in order to reduce our alarming inequalitylevels. In my section, I present the city as an integrated system that needs tobe geared for equitable growth. Land-use policies are described as drivers ofmarket efficiency and inefficiency.

- 2019/08/17 Ending power-cuts in Panama City, Lourdes Garcia, La Estrella de Panama
<https://www.laestrella.com.pa/nacional/190126/terminar-apagones>
 Description / Contribution Value: Experts in city and energy policy were interviewed. I was chosen to speak out about how residential location and planning typologies change energy use patterns.
- 2019/01/05 Cars and their role as agents of urban typology formation, Lourdes Garcia, La Estrella de Panama
<https://www.laestrella.com.pa/nacional/190105/auto-invento-destruyendo-contaminando>
 Description / Contribution Value: In this interview, I explain how housing and mobility policies can end car dependency and have healthier cities. This subject matter is currently under-stated. Clean technologies are not a panacea, certainly not the electric car. They are not ending global warming because they are resource-intensive (they need more mining and have lower yields per weight unit in some cases). I argue that sound urban planning can put people to walk, decrease street temperatures and lower inequality by making commercial avenues more accessible, among other strategies.
- 2018/12/18 Architectural innovation on Panama's Eastern sectors, Oscar Castaño, Martes Financiero
- 2018/12/08 Assessment of the city plan for new mobility and urban integration policies for historic areas., Lourdes Garcia, La estrella de panama
<https://www.laestrella.com.pa/nacional/181208/plan-ciudad-centros-integral-historicos>
 Description / Contribution Value: I was asked about the quality of the local plan called PIMUS and its impact on historic areas.
- 2018/10/11 Energy efficiency, the way to coexist with the environment, Lourdes Garcia, La estrella de Panama
<https://www.laestrella.com.pa/nacional/181110/via-ambiente-coexistir-eficiencia-energetica>
 Description / Contribution Value: My point in this interview is that Panama needs a norm regulating building energy efficiency so that better buildings pay lower taxes or get more area-extension permissions from the city.

Publications

Journal Articles

1. Garcia de Paredes Pablo. (2024). Housing Risk Factors and Their Synergistic Impact on Home Conceptualizations: Bridging Qualitative and Quantitative Traditions. Housing Studies. : 1-30.
 First Listed Author
 Submitted, Sage Publishing,
 Refereed?: Yes, Open Access?: Yes, Synthesis?: No
 Number of Contributors: 1
 Contribution Percentage: 91-100
 Description of Contribution Role: Only Author
 Description / Contribution Value: This study explores the intersection of housing risk factors and home conceptualization by examining how factors such as crowding, low housing quality, and diminished residential security influence individuals' perceptions of their actual and ideal homes. Conducting interviews with residents in an urban area west of Panama City, we used an index to assess housing pressures and applied ordinal logistic regression to explore their relationship with participants' home conceptualizations on a 9-dimension scale. Our findings reveal significant associations in the dimensions of security, privacy, nature connectedness, and religion, influenced by the combined effects of housing pressures and residential history. These synergistic effects offer new insights into the relationship between housing risk factors and home conceptualization, bridging the gap between qualitative home studies and quantitative analyses of housing's impact on health.

2. Pablo Garcia de Paredes, Thierry Ramadier, Marie Baron, Annie LeBlanc, and Carole Després. (2024). Mental health and residential adaptations during the pandemic: A mixed methods study of working mothers. *Cities and Health*.
Co-Author
Submitted, United States of America
Refereed?: Yes, Open Access?: Yes, Synthesis?: No
Number of Contributors: 5
Contribution Percentage: 71-80
Description of Contribution Role: I am the principal author, I wrote the paper, developed its underlying theory, also prepared the database and did all the statistical calculations. The other co-authors provided important leads in psychological research and method recommendations in the case of Thierry Ramadier, reviewed, rewrote large portions and provided corrections in the case of Carole Després, and provided access to the database in the case of Marie Baron and Annie Leblanc.
Description / Contribution Value: In a mixed-methods study during the COVID-19 pandemic, we explored how women in various residential situations adapted to pandemic challenges, and found that vulnerable residential situations were associated with adaptation difficulties, low mental health scores, and negative feelings toward home. Housing policies should consider these factors to enhance resilience.

3. Pablo García de Paredes, Sergio Cortez Ghio, Marie Baron, Annie LeBlanc, and Carole Després. (2024). The contribution of residential situations to mental health during COVID-19: A longitudinal survey. *Wellbeing, Space and Society*.
First Listed Author
Submitted, Elsevier, United States of America
Refereed?: Yes, Open Access?: Yes, Synthesis?: No
Number of Contributors: 5
Contribution Percentage: 61-70
Description of Contribution Role: I am the principal author, I wrote the paper, developed its underlying theory and also prepared the database. The other co-authors performed the statistical calculations in the case of Sergio Cortez, reviewed and provided corrections in the case of Carole Després, and provided access to the database in the case of Marie Baron and Annie Leblanc.
Description / Contribution Value: During the early stages of the COVID-19 pandemic, extended periods of confinement made housing the focal point of daily life. While the impact of sanitary health measures on mental health has been extensively studied, the role of housing remains less understood. Our literature review indicates that housing characteristics and usage patterns influenced mental health outcomes during the pandemic. This study aims to test the hypothesis that the concept of residential situation –an original framework integrating housing attributes, individual and household characteristics, and occupational profiles– is associated with stress, well-being, depression, and anxiety measures. We employed data mining techniques and ordinal logistic regression models on a sample of 781 participants from a longitudinal survey conducted in Québec, Canada. Our findings reveal that higher dwelling occupation density is positively associated with increased stress levels.

4. Pablo Garcia de Paredes. (2022). Whose Evidence Counts? Exploring evidence pathways during the Covid-19 crisis in Panama's Housing Ministry. *Anuario de estudios centroamericanos*. 48(1): 1-34.
<http://dx.doi.org/https://doi.org/10.15517/aeca.v48i0.53273>
 First Listed Author
 Published, Universidad de Costa Rica, Costa Rica
 Refereed?: Yes, Open Access?: Yes, Synthesis?: Yes
 Number of Contributors: 1
 Contribution Percentage: 91-100
 Description of Contribution Role: This paper explores how is evidence gathered, transformed, and selected during the current COVID-19 crisis, employing Panama's housing ministry as a case study. We wish to better understand evidence pathways and provide strategies for increasing scientific evidence uptake. Our research strategy was organized into a three-step sequential model: 1. The evidence-gathering phase: we studied Covid-19's effects on households by deploying 135 surveys (n=135). 2. The evidence transformation phase: studying housing sector evidence assembled by different ministry divisions via 12 surveys and interviews with ministry personnel (n=12), and 3. The evidence selection phase: studying evidence employed by decision-makers, through a semi-structured interview with the housing minister (n=1). Results show that evidence pathways depend on social phenomena, including internal and external political power negotiations, and representations of the role of government.
 Description / Contribution Value: This paper explores how is evidence gathered, transformed, and selected during the current Covid-19 crisis, employing Panama's housing ministry as a case study. We wish to better understand evidence pathways and provide strategies for increasing scientific evidence uptake. Results show that studying evidence pathways is an innovative and fruitful strategy to explain and describe political power negotiations and social struggles within democratic public institutions.
5. Pablo Garcia de Paredes. (2021). *Using "Home" to Explain the Factors Affecting Residential Satisfaction*. *Housing, Theory and Society*. (1): 1-22.
 First Listed Author
 Published, Taylor and Francis, United Kingdom
 Refereed?: Yes, Open Access?: Yes, Synthesis?: Yes
 Number of Contributors: 1
 Contribution Percentage: 91-100
 Description of Contribution Role: Author
 Description / Contribution Value: This study's goal is to clarify the representational dynamics of home that underlie housing preferences and residential satisfaction, to inform housing research and policy. We hypothesize that the concept of home is a valuable tool for questionnaire design and data analysis for housing research. To test our hypothesis, we developed a mixed-methods approach organized around the dimensions of the concept of home, departing from 135 original surveys in the metropolitan area of the city of Panama.
6. Pablo Garcia de Paredes. (2021). In Cooperation with INGSA: Panama City, Inequality and Covid-19. GRIP Global Research Programme on Inequality. : 1-30.
 First Listed Author
 Published, GRIP, United Kingdom
 Refereed?: Yes, Open Access?: Yes, Synthesis?: Yes
 Number of Contributors: 1
 Editors: GRIP
 Contribution Percentage: 91-100
 Description of Contribution Role: Only Author
 Description / Contribution Value: Forum paper on urban inequality

7. Pablo Garcia de Paredes. (2021). Universités, Complexité et Politiques Publiques en Temps de Crise. La Revue internationale du CRIRES: innover dans la tradition de Vygotsky. : Not available.
First Listed Author
Submitted, Centre de recherche et d'intervention sur la réussite scolaire (CRIRES), Canada
Refereed?: Yes, Open Access?: Yes, Synthesis?: Yes
Number of Contributors: 1
Editors: Sylvie Barma, Thérèse Laferrière
Contribution Percentage: 91-100
Description of Contribution Role: Only Author
Description / Contribution Value: *TheCovid-19 pandemic highlighted the strengths and weaknesses of socialinstitutions when providing information to the state for crisis resolution. Howis the public policy information system organized in the countries of theAmericas and what role do universities play? This theoretical paper seeks toanswer this question and explore the possibility of a paradigm shift for theuniversity's role at the continental level.*
Funding Sources: International Development Research Centre (IDRC); INGSA
8. Pablo Garcia de Paredes. (2020). *Urban representation before and after the COVIDlockdown in Panamá City*. Filosofía y Sociedad Segunda Época. 1(6): 19-33.
First Listed Author
Published, Universidad de Panama, Panama
Refereed?: Yes, Open Access?: Yes, Synthesis?: No
Number of Contributors: 1
Contribution Percentage: 91-100
Description of Contribution Role: Author
Description / Contribution Value: This paper looks to answer one specific research question: is covid-19 going to change the way we think about cities? I researched the relationship between the interpretation of urban form and our daily itineraries before and during lockdown measures. I hypothesized that both group culture and the group's living spaces have a relative weight in the creation of urban representation before and during the health crisis. The main data sources were two surveys, one conducted in November 2019 and the other during the COVID19 quarantine, in April 2020. Results show that people's reactions are related to their representations even when a health crisis strikes.
9. Pablo Garcia de Paredes. (2020). *Modeling social-spatialrepresentation. Towards a model for the analysis of spatial-cultural identity*. AREA. 26(2): 284-295.
First Listed Author
Published, Universidad de Buenos Aires, Argentina
Refereed?: Yes, Open Access?: Yes, Synthesis?: Yes
Number of Contributors: 1
Contribution Percentage: 91-100
Description of Contribution Role: Author
Description / Contribution Value: This highly innovative article presents empirical work that proved the importance of daily itineraries in creating social-spatial representations. These social spatial representations are one of the key drivers of urban-social behavior, and are closely linked to residential-work locations. The article summarizes resuts obtained through experiments carried out in 2019, within my doctoral program at Universidad de Panama. It provides evidence of the mechanisms employed in the social construction of space. A key finding is that certain topological structures accompanied by specific time-related variables have better information retrieval outcomes than others. It explains why social classes re-construct a specific image about the world, social roles, or critical dependencies. Conclusion: Space and time matter in the social construction of space. Architecture and urban planning learn from these mechanisms to better inform design, but other social sciences can inform their evidence base too.

10. Pablo Garcia de Paredes. (2019). *When Nations are run like Businesses: differences and contradictions between neoliberal economic discourse and nation-state policies*. . Catedra. 1(16): 108-125.
First Listed Author
Published, CELA, Panama
Refereed?: Yes, Open Access?: Yes, Synthesis?: Yes
Number of Contributors: 1
Contribution Percentage: 91-100
Description of Contribution Role: Author
Description / Contribution Value: This article uses hermeneutic tools to explore the relationship between business administration language and public policy representations. The work concludes that economic and business education forms (and deforms) the representational mechanics employed by many contemporary leaders to understand public policy, which creates a narrow picture of the role of the state resembling a business.

Books

1. Pablo Garcia de Paredes. (2019). Minimal Maximal City Planning. 1: 150. Pablo Garcia de Paredes.
First Listed Author
Published, Nueva Ciudad (Self-published), Panama City, Panama
Refereed?: No
Number of Contributors: 1
Contribution Percentage: 91-100
Description of Contribution Role: Author
Description / Contribution Value: This book is a translation and adaptation from Panamorfosis, targeting english speaking audiences. The book is about an urban revolution to reduce inequality and build great cities for all. A theory of city planning through the lens of hyper-efficient and equitable capitalist markets. More than a hundred years of the market-capitalist model of economic development- through the influence of the US- has shaped cities from Anchorage to Ushuaia. It has helped create prosperity and cleared the way for common ground between cultures and countries in the Americas. Today the whole region requires urgent urban reform.
2. Pablo Garcia de Paredes. (2018). Panamorfosis. 1: 145. Pablo Garcia de Paredes.
First Listed Author
Published, Nueva Ciudad (Self-published), Panama City, Panama
Refereed?: No
Number of Contributors: 1
Contribution Percentage: 91-100
Description of Contribution Role: Author and Editor
Description / Contribution Value: Panamorfosis is a book on how to change Panama city and transform it for the better. The book contributes to Panama's planning and public policy discussion with insights from economic theory and design.
3. Pablo Garcia de Paredes. (2015). Urbanofobia. 1: 125. Pablo Garcia de Paredes.
First Listed Author
Published, Nueva Ciudad (Self-published), Panama City, Panama
Refereed?: No
Number of Contributors: 1
Contribution Percentage: 91-100
Description of Contribution Role: Author and Editor
Description / Contribution Value: Urbanofobia was a great success. This book helped people understand the dynamics that shape cities, and make sense of the frustrations city users encounter in the context of Panama City.

Thesis/Dissertation

1. The contribution of the residential situation and adaptation capacity to mental health and the meaning of home during the pandemic. (2024). Université Laval. Doctorate.
 Number of Pages: 223 Supervisor: Carole Després and Thierry Ramadier
 Contribution Percentage: 71-80
 Description of Contribution Role: Being a thesis by articles with 6 chapters and 4 articles, in which these 4 articles have different co-authors, but in which the main author is always me, it is likely that approximately 75% of the thesis is my contribution.
 Description / Contribution Value: This thesis explores the link between housing and mental health, focusing on how the COVID-19 pandemic impacted people's experiences at home. The study finds dwelling occupation density, income, and the number of young children can affect stress and well-being, questioning assumptions about the safety of ever-smaller homes. It also highlights the challenges faced by teleworking mothers in apartments and small dwellings during the pandemic, and proposes design solutions for adaptable home offices. Overall, it suggests housing plays a significant role in mental health, especially during crises.
2. Social-cultural identity as an extension of the empirical base of architectural design in the city of Panama. (2021). Universidad de Panama. Doctorate.
 Number of Pages: 320 Supervisor: Patricio Carnelli PhD
 Contribution Percentage: 91-100
 Description of Contribution Role: Author
 Description / Contribution Value: This thesis studies how the social construction of space works in heterogeneous environments in Panama city. Departing from urban sociology, and other social sciences, we explain how people develop mobility habits that depend on their work and house locations. These patterns create social-cultural identity profiles. As a result of virtual reality experiments and statistical analysis, we developed many groundbreaking basic science insights showing how class structures emerge and how different representations about the world form in city space-time. The application of such results is broad; 1. we can better understand the impact of urban planning, mobility, and architecture on people's behavior and satisfaction, 2. existing or new topological structures in streets and neighborhoods can be further analyzed using our original theories and calculations as a platform, 3. All social sciences disciplines benefit from these insights to nurture their knowledge.

Newspaper Articles

1. First Listed Author. Pablo Garcia de Paredes. (2021). À quoi serviront les grands projets en 2050?. Le Journal de Québec. (Faites la Difference)
 Quebec,
 Number of Contributors: 1
 Contribution Percentage: 91-100
 Description of Contribution Role: Only Author
 Description / Contribution Value: The article reflects on the changing strategies for infrastructure, architectural and urban projects in the antropocene.
2. First Listed Author. Pablo Garcia de Paredes. (2020). Experimental City; using Covid-19 to change cities. La Estrella de Panama. (Proyecto Ciudad)
 Panama City, Panama
 Number of Contributors: 1
 Contribution Percentage: 91-100
 Description of Contribution Role: Author

3. First Listed Author. Pablo Garcia de Paredes. (2019). Multimodality 2020, an alternative urban mobility. La estrella de panama. (Proyecto Ciudad)
Panama City, Panama
Number of Contributors: 1
Contribution Percentage: 91-100
Description of Contribution Role: Author
Description / Contribution Value: In this article I presented strategies for changing course when it comes to mobility and residential typologies in the city. New designs could lower street temperatures and better integrate commercial uses in sprawling neighborhoods. All this is viewed in a holistic way, looking to contribute to solving some of the structural problems affecting middle income countries, like high informality rates in housing and in the job market.

Conference Publications

1. Garcia de Paredes et al. (2024). **Rethinking the home office: Teleworking mothers' material housing adaptations during COVID-19.** EAAE/ARCC CONFERENCE 2024 Architecture Into the Unknown, Aarhus, Denmark, Denmark
Conference Date: 2024/5
Paper
Co-Author
In Press
Refereed?: Yes, Invited?: Yes
Number of Contributors: 3
Contribution Percentage: 91-100
Description / Contribution Value: The paper is entirely written by me, based on data from interviews conducted by me through my role as a MAVIPAN student researcher. Co-authors are responsible for planning the paper and providing access to the database.
2. Estelle Duval, Catherine Chouinard, Pablo Garcia de Paredes, Carole Després. (2024). **Artificial Intelligence-Assisted Thematic Analysis: A Contribution to Architectural Research.** EAAE/ARCC CONFERENCE 2024 Architecture Into the Unknown, Aarhus, Denmark, Denmark
Conference Date: 2024/5
Paper
Co-Author
In Press
Refereed?: Yes, Invited?: Yes
Number of Contributors: 4
Contribution Percentage: 31-40
Description of Contribution Role: I worked on a draft already written by the authors Estelle and Katherine, and made considerable changes to it, apart from adding my data (case study 2), to improve its quality, achieving its final state for publication.

3. Pablo Garcia de Paredes. (2024). The impact of housing on mental health during the pandemic (L'impact du logement sur la santé mentale pendant lapandémie). Online. Symposium MAVIPAN 2023, Quebec, Canada. MAVIPAN, Canada
Conference Date: 2023/10
Poster
First Listed Author
Published
Refereed?: Yes, Invited?: Yes
Contribution Percentage: 91-100
Description of Contribution Role: I was respoinsible for all graphic design, data organization, and video creation.
Description / Contribution Value: For this poster presentation at the MAVIPAN Symposium, I designed a poster and also created a video presenting it so that it is accessible to everyone online, including audio of a detailed explanation.

Video Recordings

2023/05/15 Author. Multiple videos on INSTAGRAM and Facebook for science vulgarisation.
Director: Pablo Garcia de Paredes
Producer: Pablo Garcia de Paredes
Distributor: Meta
<https://www.instagram.com/pablo.garciadeparedes/>
Number of Contributors: 1
Contributors: Only author

Poetry

2018/7 First Listed Author. Poetic Geometries. Self Published on the web.
Presented for the most prestigious local literary contest, Ricardo Miro Prize, Panama
<https://payhip.com/b/xPoY>
Number of Contributors: 1
Authors: Pablo Garcia de Paredes
Description / Contribution Value: This poetry book combines poetry with architecture in a playful manner.