

Enrique Alonso-Perez

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Research interests

Intersectional health inequalities, unequal aging, sleep health, biosocial mechanisms

Education

09/2022 - Present	Ph.D. Social Epidemiology Charité – Universitätsmedizin Berlin, Institute of Medical Sociology <i>Thesis: Intersecting family and social determinants of health inequalities in European aging populations: A quantitative intersectionality approach</i> <i>Supervisors:</i> Prof. Dr. Paul Gellert and Prof. Dr. Jan Paul Heisig
08/2016 - 07/2017	M.Sc. Health Economics, Policy and Law Erasmus Universiteit Rotterdam
01/2016 - 06/2016	B.Sc. Epidemiology minor (Study abroad programme) University of Toronto
09/2012 - 07/2016	B.Sc. Economics (Specialization econometrics and quantitative methods) Universitat Pompeu Fabra (Barcelona), Faculty of Economics

Relevant work experience

05/2021 - Present	Research Assistant Charité – Universitätsmedizin Berlin, Institute of Medical Sociology Early Career Scientist at the Einstein Center Population Diversity (ECPD)
06/2020 - 04/2021	Research Assistant Universitat Pompeu Fabra, Center of Health Economics Research (CRES)
10/2017 - 04/2020	Health Economics Researcher Catalan Health Service (Barcelona), Ministry of Health

Teaching experience

2025	Lecturer in Globalization and health (B.Sc. level) Charité – Universitätsmedizin Berlin
2023, 2024, 2025	Lecturer in Questionnaire design (B.Sc. level) Charité – Universitätsmedizin Berlin
2023, 2024, 2025	Lecturer in Introduction to Scientific Work (B.Sc. level) Charité – Universitätsmedizin Berlin
2022, 2023, 2024	Lecturer in Global Health: Health systems and financing (B.Sc. level) Charité – Universitätsmedizin Berlin

Research stays

10/2024 - 11/2024	University of Oxford , Leverhulme Centre for Demographic Science (OxPop) Visiting PhD Student - Host: Prof. Dr. Melinda Mills
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Awards and Scholarships

2024

Berlin University Alliance (BUA) Flexible Funds, Oxford-Berlin Partnership
"Sociogenomics of Ageing" (EUR 2,550) - PI: Enrique Alonso-Perez

Publications

- 17) Alonso-Perez, E., O'Sullivan, J. L., Schnitzer, S., Schmitz, A., Brandt, M., Gellert, P. (2026). When to care? A MAIHDA analysis of intersectional inequalities in the age of caregiving onset using European longitudinal data. *Ageing & Society*.
- 16) Alonso-Perez, E., Heisig, J.P., Correll, C., Steinhagen-Thiessen, E., Fuellen, G., Rudolf, H., O'Sullivan, J.L., Gellert, P. (2025). Is there a compression of morbidity and does it vary across social strata? A comparison of two waves 15 years apart across older European adults. *Archives of Gerontology and Geriatrics*, 106118.
- 15) Wagner, L., Molina, S., Alonso-Perez, E., Kreyenfeld, M. (2025). What difference does it make? Parental relationship quality and child wellbeing in step- and nuclear families. *Genus*, 81, 34.
- 14) Molina, S., Alonso-Perez, E., Kreyenfeld, M. (2025). Divorce and Mental Health: Is Late Divorce Particularly Harmful for Women with Low Earnings? *Social Indicators Research*, 1-19.
- 13) Alonso-Perez, E., Ding, X., Richter, D., Gellert, P., O'Sullivan, J.L. (2025). Intersectional sleep disparities: multiple social intersections and perceived neighborhood deprivation are associated with sleep disturbance in Europe. *European Journal of Public Health*, 35(5), 821-827.
- 12) Ramos, V. J., Kreyenfeld, M., Alonso-Perez, E., Gellert, P., Heisig, J. P., O'Sullivan, J. L. (2025). Future Caregiving Responsibilities, Employment Uncertainties, and Expected Childbearing Behavior: Survey Experimental Evidence from Germany. *Population Research and Policy Review*, 44, 48.
- 11) Pilz González, L., Alonso-Perez, E., Lehnchen, J., Deptolla, Z., Heumann, E., Tezcan-Güntekin, H., Heinrichs, K., Stock, C. (2025). Mental Health and the Intersection of Perceived Discrimination and Social Inequalities Among Students in Germany – a Quantitative Intersectional Study. *International Journal of Public Health*, 69:1607826.
- 10) O'Sullivan, J. L., Alonso-Perez, E., Färber, F., Fuellen, G., Rudolf, H., Heisig, J. P., Kreyenfeld, M., Gellert, P. (2024). An Intersectional Perspective on Onset of Type 2 Diabetes in Adults aged 50 and older in Europe: A Multilevel Analysis of Individual Heterogeneity and Discriminatory Accuracy. *Diabetology & Metabolic Syndrome*, 16, 291.
- 9) Mümken, S., Alonso-Perez, E., Haeger, C., O'Sullivan, J. L., Xue, Q. L., Herrmann, W., Lech, S., Gellert, P. (2024). Prevention of frailty in relation with social out-of-home activities in older adults: Results from the Survey of Health, Ageing and Retirement in Europe. *European Journal of Ageing*, 21(1), 35.
- 8) Lech, S., Köppe, M., Berger, M., Alonso-Perez, E., Gellert, P., Buspavanich, P., Herrmann, W. (2024). Depressive symptoms among individuals identifying as asexual: a cross-sectional study. *Scientific Reports*, 14(1), 16120.
- 7) Gellert, P., Alonso-Perez, E. (2024). Psychological and Biological Pathways to Aging: The Role(s) of the Behavioral and Social Sciences in Geroscience. *Zeitschrift für Gerontologie und Geriatrie*, 57(5), 365-370.
- 6) Alonso-Perez, E., Heisig, J. P., Kreyenfeld, M., Gellert, P., O'Sullivan, J. L. (2024). Intersectional inequalities in the transition to grandparenthood and cognitive functioning: A longitudinal Multilevel Analysis of Individual Heterogeneity and Discriminatory Accuracy (MAIHDA). *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*, 79(7), gbae088.
- 5) Färber, F., Alonso-Perez, E., Heidemann, C., C., Du, Y., Stadler, G., Gellert, P., O'Sullivan, J. L. (2024). Intersectional Analysis of Social Disparities in type 2 Diabetes Risk among Adults in Germany: Results from a Nationwide Population-Based Survey. *BMC Public Health*, 24(1), 1-12.

- 4) Alonso-Perez, E., Gellert, P., Kreyenfeld, M., O'Sullivan, J. (2022). [Family Structure and Family Climate in Relation to Health and Socioeconomic Status for Older Adults: A Longitudinal Moderated Mediation Analysis](#). *International Journal of Environmental Research and Public Health*, 19(18), 11840.
- 3) Guarga, L., Gasol, M., Reyes, A., Roig, M., Alonso-Perez, E., Clopés, A., Delgadillo, J. (2022). [Implementing Risk-Sharing Arrangements for Innovative Medicines: The Experience in Catalonia \(Spain\)](#). *Value in Health*, Volume 25, no. 5: 803-809.
- 2) Alonso-Perez, E., Forné, C., Soro, M., Valls, M., Manganelli, A., Valdivielso, J. (2021). [Health care costs in patients with and without secondary hyperparathyroidism in Spain](#). *Advances in Therapy*, 38(10), 5333-5344.
- 1) Reyes-Travé, A., Guarga-Solé, L., Roig-Izquierdo, M., Alonso-Perez, E., Clopés-Estela, A., Delgadillo-Duarte, J. (2021). [Characterization of the pharmaceutical risk-sharing arrangement process in Catalonia](#). *PharmacoEconomics*, 39(9), pp.973-982.

Submitted & Under Review

Alonso-Perez, E., O'Sullivan, J.L, Fuellen, G., Gellert, P., Rudolf, H. [Phenotypic age acceleration through a lens of intersectional inequalities in the German national cohort \(NAKO\)](#). (Preprint).

Alonso-Perez, E., Bertogg, A., Gellert, P. Becoming an intense family caregiver and cognitive functioning: a matched difference-in-differences analysis among older Europeans.

Pilz González, L., Wenig, V., Lehnchen, J., Alonso-Perez, E., Burian, J., Deptolla, Z., Heinrichs, K., Stock, C. Discrimination, loneliness, and academic achievement among university students in Germany: Results from the cross-sectional StudiBiFra study.

Work in progress

Alonso-Perez, E., Schmauk, S., Kreyenfeld, M., Gellert, P. Diverse family types and biomarkers of cardiovascular aging. (*Preliminary analyses*)

Alonso-Perez, E., Bister, L., Peroz, F., Heisig, J., Correll, C. Family as a social determinant of multimorbidity: an umbrella review of systematic reviews. (*Preliminary analyses*)

Bister, L., Alonso-Perez, E., Peroz, F., Correll, C., Heisig, J. Intergenerational Family Structure and Older Adults' Multimorbidity in Europe. (*Finalisation of first draft*)

Güneyli, A., Alonso-Perez, E., Fasang, E. Sandwiched caregivers: How do parents of young children divide care when additional informal care needs arise? Evidence from Germany.

Academic conference presentations

- 2026 European Population Conference (Bologna, IT), World Congress of the International Association of Gerontology and Geriatrics (IAGG) (Amsterdam, NL), European Society for Health and Medical Sociology (ESHMS) (Hamburg, GER)
- 2025 Deutsche Gesellschaft für Gerontologie und Geriatrie (Jena, GER), European Public Health Conference (Helsinki, FIN), Understanding Cognitive Ageing Workshop (Louvain-la-Neuve, BEL)
- 2024 Leibniz Research Association Workshop on Resilient Ageing (Mainz, GER)
- 2023 Conference of the European Health Psychology Society (EHPS) (Bremen, GER), Workshop Family Diversity in Ageing Societies (Berlin, GER), SHARE International Users Conference (Berlin, GER)
- 2021 European Health Economics Association - EuHEA PhD conference (online), Spanish Health Economics Association Conference (online)
- 2018 Spanish Health Economics Association Conference (Las Palmas de Gran Canaria, SPA), SIDIAP Workshop on real-world data for pharmacoepidemiology (Barcelona, SPA)

Academic Service

Reviewer: *Social Science & Medicine; Journal of Epidemiology and Community Health; Alzheimer's & Dementia; The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences; BJPsych Open; Nature Communications Medicine; Value in Health; PharmacoEconomics; PlosOne; BMC Public Health; Scientific Reports*

Membership: European Society for Health and Medical Sociology (ESHMS), German Society for Gerontology and Geriatrics (DGGG), European Public Health Association (EUPHA)

Skills

Statistical software: Stata (proficient), SPSS (proficient), R (basic)

Datasets: Survey of Health, Ageing and Retirement in Europe (SHARE), National Cohort Germany (NAKO), German Socio-economic panel (SOEP), Health and Retirement Study (HRS), English Longitudinal Study of Ageing (ELSA)

Languages: Spanish (native), Catalan (native), English (fluent), German (good command – B1), Dutch (basic – A1)

Berlin, February 2026