

Curriculum vitae

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BIOGRAPHY (Date of Birth: 12/09/1972).

I have graduated from the University of Turin, Italy, in 1997 with a degree in Psychology. In 2002, I have completed the postgraduate specialization in Health Psychology at the University of Turin, Department of Psychology. After, I obtained a two years grant from the Telethon Foundation to study the quality of life in ALS patients with non-invasive ventilation at the Psychological Department of the Savaltore Maugeri Foundation-IRCCS of Veruno, Novara, Italy. In March 2002, I began my collaboration with the Cardiovascular Institute of Camogli, Genoa, where I created and directed the Psychological Unit until april 2006. In May 2006, I started to work at the Department of Psychology of University of Milano-Bicocca as assistant professor where I became associate professor in October 2016.

MAIN RESEARCH INTEREST

My various research interests lie primarily in the area of work psychology and health psychology. More specifically, in the development of work contexts that favor health and wellbeing of workers and organizations. A main longstanding research interest is the work-health balance, a new dimension I developed with my research group at the Department of Psychology of University of Milano Bicocca. We defined work-health balance as a situation that allows the worker to effectively balance health and work needs by considering the health management and the compatibility between the personal health situation, the job characteristics and the health culture in the organizations. The study of this dimension constitutes a large part of my present research interests. Currently, I am investigating how the perception of balance between health and work can promote the return to work after different diseases (cardiovascular problems; cancer; neurological diseases). Moreover, I am analysing the role of work-health balance in the development of stress among older workers integrating the work health-balance in the job demand-resources model (Bakker and Demerouti, 2007). I am also testing if the work-health balance is more relevant for older workers than younger ones and if it can be used to evaluate welfare-plan developed by organizations to promote and maintain health of their workers. Finally, I am developing a project testing the efficacy of an intervention focused on supervisor and colleagues peer support in improving the perception of work-health balance in older workers.

Others my research interests concern the health promotion in different contexts (work place, school, local community) and in various populations (students, teachers, health workers), the consequences on workers' health and well-being of new ways of work with technology and of Industry 4.0; the quality in the organizations; the quality of life of patients with cardiovascular and neurological disease. My interest in health promotion regards how different groups of people and workers can contribute to promote health in their context, for example teachers and students in the schools. With regards the new ways of work, I am developing some research projects with unions in order to evaluate if the work supported by technology (for example smart working) produce advantages or disadvantages for the health and well-being of workers. I developed some research projects about the quality of service, with the aim to evaluate the customer satisfaction and perceived quality by client of health services, training programs, and social services. At last, since the beginning of my research activity, I participated to research projects regarding the quality of life of cardiovascular patients and

ALS patients. In these projects, I focused on the influences of illness representations on the quality of life.

Network and collaborations

Besides these lines of research, I am involved in a number of other research projects, and national and international collaborations. Here, I reported only the more important active collaborations with relations to the research project developed for PRIN 2017:

- Research project with the Université du Québec à Montréal (UQAM), Canada to study return to work in cardiovascular patients.
- Research project with the University of College of Southeast Norway to develop the Norwegian version of Work Health Balance Questionnaire.
- Research project with the Maastricht University to study the dimension of sustainable employability.

Past Participation in National and International project

- 2008– 2012: participation to the project “Resilience and personal characteristics, autoregulation process and communication factors in the definition of patients typology affected by hypertension and cardiovascular disease”, FIRB- Futuro in ricerca (P.I. prof. Steca, University of Milano Bicocca).
- 2000-2007: participation to project “Use of mesenchymal stem cells in patients with ALS: phase 1 study” (trial registration number 16454-pre21-823).
- 2013-2017: Substitute Member for Italy at the Cost Action: Cancer and Work Network (CanWoN). Member of work team dedicated to: “Employers role in supporting employees recovering from cancer”

TEACHING AND ADMINISTRATION

Faculty teaching

2008 – 2018:

Work and Organizational Psychology (8 credits), at the bachelor course in Psychological Sciences and Techniques, Department of Psychology, University of Milano-Bicocca.

2017 – 2018:

Theories and Methods of Human Resources Management and Develop (8 credits), at the bachelor course in Psychological Sciences and Techniques, Department of Psychology, University of Milano-Bicocca.

2008 – 2017:

Research Instruments in Organizations and Businesses (4 credits), at the Master course in Social, Decision, and Economic Psychology, Department of Psychology, University of Milano-Bicocca.

2009 – 2018:

Development of health organizations, postgraduate course in Neuropsychology, and postgraduate course in Life-Span (1 credits), Department of Psychology, University of Milano-Bicocca.

2006 – 2013:

Health Psychology and Health Promotion Activities, Postgraduate Course in Health Psychology, University of Torino (2 credits).

2007 – 2018:

Member of the doctoral school in Psychology, Linguistic, and Cognitive Neurosciences of University of Milano-Bicocca. Supervisor of 2 PhD students.

Administration

2017 – 2018: member of the Vocational Guidance Commission at the University of Milano Bicocca.

2013 – 2017: elected executive board member of the Department of Psychology, University of Milano Bicocca.

2014 – 2018: supervisor of professional traineeship for psychologists of the Department of Psychology, University of Milano-Bicocca.

PEER ESTEEM INDICATORS

Invited talks

February 2017: invited speaker to the Inaugural Day of Postgraduate Course in Health Psychology, University of Torino. Talk title: “Work-Health Balance. Theoretical bases of a new construct and its first applications”.

May 2016: invited speaker to Welfare World Congress, Milan, Italy. Talk title: “Balance Health and work”.

November 2014: invited speaker to CANWON meeting “Cost of cancer and return to work issues”, Aix an Provence, France. Title of talk: “collect data about the work experience.”

October 2008: invited speaker to the annual congress of the Italian Association of Cardiovascular Prevention, Rehabilitation and Epidemiology. Title of talk: “Challenges and perspectives for psychologists working in cardiac rehabilitation”.

Representation in National and International Bodies

2011: Member of the Scientific Committee of the Congress of the Italian Association of Psychology, Organizational Psychology Section.

2017: Member of the Scientific Committee of the XII Congress of the Italian Association of Health Psychology.

2017: Member of the Scientific Committee of the Congress of the Italian Association of Psychology, Organizational Psychology Section.

2018: Member of the Scientific Committee of the Congress of the Italian Association of Psychology, Organizational Psychology Section.

2019: Member of the Local Committee of the Congress of the European Association of Work and Organizational Psychology.

2015- 2019: Elected member in the Executive Board of the Italian Association of Health Psychology.

2015 – 2019: Treasurer of the Italian Association of Health Psychology.

Professional Membership

From 1999: member of the psychologist order.

From 2000: member of the Italian Association of Health Psychology.

From 2001: member of the European Association of Health Psychology.

From 2010: member of the Italian Association of Psychology, Section of Organizational Psychology.

Miscellaneous

Member of the Editorial Board of “Psicologia della Salute”.

Ad-hoc reviewer for: Teaching and Teacher Education; Educational Psychology; African Education Review; Health Promotion International; International Journal of Occupational Medicine and Environmental Health; International Journal of Health Care Quality Assurance; International Journal for Quality in Health Care; BMC Public Health; International Journal of Educational Administration and Policy Studies; Plos One; Psycho-oncology; Quality of Life Research; Monaldi Archives for Chest Disease – Cardiac Series; Psychological Reports; Psicologia sociale; Frontiers in Psychology; Bollettino di Psicologia applicata; Learning and Individual Differences.

Reviewer of doctoral thesis at the Catholic University of Milan; University of Pavia and University of Turin.

Reviewer for the National programme of Research Evaluation (VQR), first edition (2005-2010) and second edition (2011-2014).

Reviewer for Furb Programme “Future in research” of the Italian Minister of School and University.

NATIONAL AND INTERNATIONAL GRANTS

Project founded by National Institutions with competitive grant.

- **2006 – 2009:**
Scientific coordinator for INGENIO project with study titled: "Patient satisfaction of General practitioner". Grant of Lombardia Region with European Social Grant 2006-2009, measure D3-D4.

Research project funded by University of Milano-Bicocca.

- **2017:**
“The change at work: smart working e its consequences on health and well-being of workers”
- **2016:**
P.I. project titled “the influence of work-health-balance on health and well-being of workers.”
- **2015:**
P.I. project titled “the management of workers with long-standing health problem or disability”. A longitudinal study.
- **2014:**
P.I. project titled “Development of Work-Health Balance Questionnaire”
- **2013:**
P.I. project titled: “Objective and subjective determinants of work related stress.”
- **2012:**
P.I. project titled: “return to work of cardiovascular patients”
- **2011:**
P.I. project titled “Patient engagement in the safety management in hospital”

Research funded by private organizations or public institutions.

- **2013-2016:**
P.I. of research funded by Torino municipality about the efficacy of training for family assistant.
- **2017:**
P.I. of research founded by FISAC-CGIL about the quality of service for union members.

NATIONAL AND INTERNATIONAL KNOWLEDGEMENT

- Co-author of work titled: “Gruppo chiuso strutturato o gruppo aperto semistrutturato? Confronto tra due modalità di gestione del gruppo educativo in cardiologia riabilitativa.” Poster chosen as the best poster of Italian Congress of Health Psychology. Bergamo, 2010. Paper published on *Psicologia della Salute*, 2-2011, pag 9-27.
- Co-author of work titled: “L’utilizzo in riabilitazione cardiologica del Tobacco Craving Questionnaire.” Oral presentation chosen as the best oral presentation to SITAB congress 2016. Paper published on *Tabaccologia*, 1-2017, pag.24-30.
- Co-founder member of Associazione SIPSA-Società Italiana di Psicologia della Salute: the Italian association of Health Psychology.
- National delegate to European Association of Health Psychology under indication of executive board of Italian association of Health Psychology.