

**Prof.ssa Cristina Cabras**

**Short CV English Version**

## **RESEARCH PROJECTS AND RECENT PUBLICATIONS**

**Scientific Director and Coordinator of recent national and international projects.**

**Principal Investigator** for UniCa - national Project PRO-BEN, code PROBEN\_0000003 (call GEA 24244F55), 2024-2025, title MOEBIUS - “Movimento, Equilibrio e Benessere In una Università Sostenibile” Grants of MUR € 2.750.000; partners Università degli Studi di Bari Aldo Moro; Accademia delle Belle Arti di Lecce (A.F.A.M); Conservatorio di Musica “Carlo Gesualdo da Venosa” (A.F.A.M), Potenza; Conservatorio di Musica “E.R. Duni” (A.F.A.M)- Matera; Politecnico di Bari;; Università degli Studi della Basilicata; Università degli Studi di Cagliari; Università del Salento; Università LUM “Giuseppe Degennaro”; Università per Stranieri di Perugia.

**Principal Investigator** for UniCa - national Project “Tutorship and Guidance Plan (POT Piani Orientamento e Tutorato)”, Grants of MUR, n. 1327, 10th august 2023. The national project is titled “Prometheus 2.0”. Partners: University of FIRENZE, University of ROMA "La Sapienza", University of ROMA TOR VERGATA, University of PADOVA, University of "MILANO BICOCCA", University of BERGAMO, University of VERONA, University of CATANIA, University of SALENTO, University of BARI “ALDO MORO”, University of BOLOGNA, University of "G. D'ANNUNZIO" CHIETI-PESCARA, University of PALERMO, Università degli Studi University of TRENTO, University of PISA, University of CAGLIARI, University of FOGGIA, University of TORINO.

**Member of the Research Group** of University of Cagliari, PRIN PNRR 2022. National coordinator of the project prof. Massimiliano Palmiero. Title of the Research Project: TE.C4Stress: can creativity training reduce technostress in teachers?

**Member of the Research Group** of University of Cagliari, PRIN 2022. National coordinator of the project prof. Maria Pietronilla Penna. Title of the Research Project: To Be Present: parental phubbing implications on children's lives. How can parents' smartphone overuse decrease? An awareness-raising project on the risks of phubbing and on the importance of reciprocity in parental relations”

**Principal Investigator on WP5** Gender Equality Plan e Member of the Core Team in the project H2020 SUPERA (Supporting the Promotion of Equality in Research and Academia) - <https://www.rri-tools.eu/-/supera-supporting-the-promotion-of-equality-in-research-and-academia>; 2018-2022. European Union's Horizon 2020 research and innovation programme under grant agreement No. 787829. Partner of the project: Universidad Complutense de Madrid, Spain; Università degli Studi di Cagliari, Italy; Kozep-Europai Egyetem (CEU), Hungary; Centro de Estudos Sociais (CES) Portugal; Yellow Window, Belgium; Fondation Nationale des Sciences Politiques (Sciences Po) France; Ministerio de Economia, Industria y Competitividad, Spain; Regione Autonoma della Sardegna (RAS), Italy.

**Principal Investigator on Research Project** PARIS – la PARità Impariamola a Scuola. Funded by Direzione Generale della Presidenza della Regione Autonoma della Sardegna. Agreement n.

0000007 Protocol n. 0026809; 24/11/2021. Research aimed on the relationship between attitudes towards gender equality, gender stereotypes and educational strategies of nursery, primary and secondary school teachers. From december 2021- to July 2022.

**Principal Investigator on Research Project PROVE - Parenting Improvement** -funded by Fondazione di Sardegna AA 2019-2020, Agreement Prot. U175.2020/AI.166.RP, Prat. 2019.1740; Call "Public Health, Preventive Medicine and Rehabilitation". Research focused on the causes of denatalità in Sardinia. The influence of individual and context variables in choosing to become/not become parents. From 07-02-2018 to 31-12-2020

**Principal Investigator on Research Project “SAVE – Stereotypes And Violence in Education”** funded by Commissione Regionale per le Pari Opportunità, Presidenza della Regione Autonoma della Sardegna, addressed to Teachers of Primary and Secondary Schools- Sardinia Region, Agreement signed by Giunta Regionale n.41/1 del 11 -08-2015. Research focused on the relationship between stereotypes, attitudes towards gender equality, evaluation of male and female students performance.

**Principal Investigator Research Project “Aster 2 – A Caccia di STEReotipi Fase 2”** – funded by CITTÀ METROPOLITANA DI CAGLIARI. Agreement Prot. N. 0258800 del 29-12-2021, Rep. n. 5136. Action-research and Fab-Lab tools and techniques are applied to investigate the relationship between gender stereotypes in adolescents, well-being and life satisfaction. From 29-12-21, to June 2022.

**Principal Investigator Research Project “ASTER 1 – A caccia di STEReotipi fase 1”** – funded by CITTÀ METROPOLITANA DI CAGLIARI. Agreement Prot. N. 218553 del 06/11/2020. The online research and training activity were aimed to identify gender stereotypes and act on individual and contextual variables in a sample of secondary school teachers. From 1-11-20 to 30-06- 21.

**Principal Investigator Research Project “FAST – Fare Azioni contro la Stereotipia”**- ISTITUTO COMPRENSIVO GISELLU DORGALI (NU), Agreement Prot. N. 94762 del 04/04/2019. Research activities aimed to investigate the relationship between gender stereotypes and educational strategies in a group of primary and secondary school teachers. From Aprile 2019 to June 2019

**Principal Investigator Research Project “PEACE - Peer Education, Assertività, Cooperazione, Empatia”** ISTITUTO COMPRENSIVO MARACALAGONIS (CA) 2016- 2017; Agreement Prot. N.1558/1/A22; 30 march 2016; second Agreement Prot. n. 63123 del 17/11/2016. Research activities aimed to study the relationship between individual characteristics, educational strategies, bullying and cyberbullying in the school context. From May 2016 to June 2017.

**Member of national and international Academic Committee:** APA, SPSP, AIP, ISC; SIC, ESC, SIO

In the field of **Social Psychology research** she has focused on: psychometric evaluation of stress measurement tools, coping strategies and future orientation in academic students, gender stereotyping, psychometric evaluation of tools to measuring propensity to forgive, conflict management strategies and forgiveness as a coping strategy, the influence of gender and sexual objectification in work environment, future orientation and life satisfaction in academic students.

In the field of **Legal, Criminal and Forensic Psychology** she has developed research aimed on: risk assessment of deviant and criminal behaviour, perpetrators' recidivism of predatory crimes, sexual

crimes and femicide; the relationship between sexism, sexual objectification, honour culture, victimisation of women and intervention of bystanders; future orientation, emotional intelligence and coping strategies in victims of gender-based violence.

### Last publications

Alves, S., Cabras, C., Bellini, D., & Bonaiuto, M. (2024). Perceived Environmental Quality Indicators as Health-Enabling Elements Within Prisons. *The Prison Journal*, 104(2), pp. 215–243  
DOI: 10.1177/00328855231222443.

Saladino, V., Mosca, O., Cabras, C., Verrastro, V., & Lauriola, M. (2024). Family religiosity and climate: the protective role of personal interiorized religiosity in deviance propensity among justice-involved juveniles. *Frontiers in psychology*, 15, 1197975.

Muggianu, F., Sechi, C., Buyukbayraktar, C. G., & Cabras, C. (2023). The Relationship Between Fear of Missing Out and Phubbing Behaviors: The Mediating Role of Addictive Smartphone Behaviors Among University Students. *In National Conference on Systems Science-(AIRS) Italian Systems Society* (pp. 115-118). Cham: Springer Nature Switzerland.

Cabras, C., Konyukhova, T., Lukianova, N., Mondo, M., & Sechi, C. (2023). Gender and country differences in academic motivation, coping strategies, and academic burnout in a sample of Italian and Russian first-year university students. *Heliyon*, 9(6)  
<https://doi.org/10.1016/j.heliyon.2023.e16617>.

Mascia, M. L., Agus, M., Cabras, C., Bellini, D., Renati, R., & Penna, M. P. (2023). Present and Future Undergraduate Students' Well-Being: Role of Time Perspective, Self-Efficacy, Self-Regulation and Intention to Drop-Out. *Education Sciences*, 13(2), 202;  
<https://doi.org/10.3390/educsci13020202>

Sechi C., Cabras C. & Sideli L. (2023). Cyber-victimisation and cyber-bullying: the mediation role of the dispositional forgiveness in female and male adolescents. *Journal of Beliefs & Values*, 1-15.  
DOI: 10.1080/13617672.2023.2180722

Cabras C., Sechi C., Mula S. (2022) Sexually Objectifying Work Environments and Affective Commitment in a Sample of Italian Waitresses in *Journal of Public Health Research -Sage*. DOI: 10.1177/22799036221120495/ ID: 3004.

Cabras C, Sechi C, Agus M, Cois E, Casula C, Raffo L and Mosca O. (2022). To be assertive or not to be assertive: That is the question! Students' reactions to sexual harassment in academia. *Front. Psychol.* 13:949103. doi: 10.3389/fpsyg.2022.949103

Cabras, C., Kaleta, K., Mróz, J., Loi, G., & Sechi, C. (2022). Gender and age differences in forgivingness in Italian and Polish samples. *Heliyon*, e09771.  
DOI:<https://doi.org/10.1016/j.heliyon.2022.e09771>

Cabras C., Buyukbayraktar C.G., Loi G., Sechi C., (2022). The Propensity to Forgive and Self-Esteem in Catholic and Islamic contexts: Italy and Turkey. *The Journal of Psychology: Interdisciplinary and Applied*. <https://doi.org/10.1080/00223980.2022.2047875>

Di Santo D., Talamo A., Bonaiuto F., Cabras C., Pierro A. (2021). A Multilevel Analysis of the Impact of Unit Tightness vs. Looseness Culture on Attitudes and Behaviors in the Workplace.

*FRONTIERS IN PSYCHOLOGY*, vol. 12, 652068, ISSN: 1664-1078, doi: 10.3389/fpsyg.2021.652068

Barbieri, Barbara, Balia, Silvia, Sulis, Isabella, Cois, Ester, Cabras, Cristina, Atzara, Sara, De Simone, Silvia (2021). Don't call It smart: working from home during the pandemic crisis. *FRONTIERS IN PSYCHOLOGY*, vol. 12, p. 1-13, ISSN: 1664-1078, doi: 10.3389/fpsyg.2021.741585

Mula, S., Di Santo, D., Gelfand, M. J., Cabras, C., Pierro, A. (2021). The Mediation Role of Desire for Cultural Tightness on Concern with COVID-19 and Perceived Self-Control. *Frontiers in Psychology*, section Health Psychology.

Baldner, C., Pierro, A., Di Santo, D., & Cabras, C. (2021). How the mere desire for certainty can lead to a preference for men in authority (particularly among political liberals). *Journal of Applied Social Psychology*. DOI: 10.1111/jasp.12830- 1-11.

Saladino V, Mosca O, Petruccelli F, Hoelzlhammer L, Lauriola M, Verrastro V and Cabras C (2021) The Vicious Cycle: Problematic Family Relations, Substance Abuse, and Crime in Adolescence: A Narrative Review. *Front. Psychol.* 12:673954. doi: 10.3389/fpsyg.2021.673954

Di Santo, D., Destro, C. L., Baldner, C., Talamo, A., Cabras, C., & Pierro, A. (2021). The mediating role of narcissism in the effects of regulatory mode on positivity. *Current Psychology*, 1-10. <https://doi.org/10.1007/s12144-021-02014-w>

Cabras, C., Tumatis, R., Mondo, M. and Sechi, C. (2021), "The influence of sexual objectification on guilt assessment on a sample of Italian graduates", *Journal of Criminal Psychology*, Vol. 11 No. 2, pp. 116-128. <https://doi.org/10.1108/JCP-08-2020-0036>

Cabras, C., Mondo, M., Diana, A., & Sechi, C. (2020). Relationships between Trait Emotional Intelligence, mood states, and future orientation among female Italian victims of Intimate Partner Violence. *Heliyon*, 6(11), e05538. <https://doi.org/10.1016/j.heliyon.2020.e05538>

Saladino, V., Mosca, O., Lauriola, M., Hoelzlhammer, L., Cabras, C., & Verrastro, V. (2020). Is family structure associated with deviance propensity during adolescence? The role of family climate and anger dysregulation. *International journal of environmental research and public health*, 17(24), 9257. Doi: 10.3390/ijerph17249257

Sechi, C., Loi, G., & Cabras, C. (2020). Addictive internet behaviors: The role of trait emotional intelligence, self-esteem, age, and gender. *Scandinavian Journal of Psychology*. DOI: 10.1111/sjop.12698

Cabras C., Marmillata S., Tumatis R., & Sechi C. (2020). Do Personal Factors Make Women and Men more Susceptible to Self-Objectification and the Development of Dysfunctional Eating Attitudes?. *Current Psychology*. <https://doi.org/10.1007/s12144-020-00622-6>

Cabras, C., Mondo, M., & Sechi, C. (2020). *Diventare, non diventare genitori*. Arkadia editore. ISBN 97888685129658868512963

Aru, M., Balia, S., Barbieri, B., Cabras, C., Cadeddu, G., Carboni, P., ... & Sulis, G. (2020). *Piano di uguaglianza di genere dell'Università degli Studi di Cagliari*. UniCaPress. ISBN 9788833120218

Cabras, C., Cubadda, M. L., & Sechi, C. (2019). Relationships Among Violent and Non-Violent Video Games, Anxiety, Self-Esteem, and Aggression in Female and Male Gamers. *International Journal of Gaming and Computer-Mediated Simulations (IJGCMS)*, 11(3), 15-37. <https://doi.org/10.4018/ijgcms.2019070102>

Mondo, M., Sechi, C., & Cabras, C. (2019). Psychometric evaluation of three versions of the Italian Perceived Stress Scale. *Current Psychology*, 1-9. <https://doi.org/10.1007/s12144-019-0132-8>

Cabras, C., Loi, G., & Sechi, C. (2018). Testing the factor structure of the Forgiveness Scale among Italian adolescent students. *Mental Health, Religion & Culture*, 1-11. Routledge. DOI: <https://doi.org/10.1080/13674676.2018.1524861>.

Cabras, C., Marmillata, S., & Sechi, C. (2018). Sexual objectification in education: how do teachers perceive and evaluate students?. *Social Psychology of Education*. Springer. ISSN:1381-2890 DOI:10.1007/s11218-018-9432-3.

Cabras, C., Loi, G., Sechi, C., & Mondo, M. (2017). Relationship amongst mood, propensity to forgive, and mental-health problems in female Italian adolescents. *Mental Health, Religion & Culture*, 1-12. Routledge. DOI: 10.1080/13674676.2017.1412411.

Cabras, C., (2017). Trattamento degli autori e delle autrici di reato. In Petruccelli I., (a cura di), *Manuale di psicologia giuridica e criminologica. Ambiti applicativi e tecniche di intervento*. Milano: Franco Angeli.

Cabras, C., Loi, G., & Sechi, C., (2017). Assessment of dispositional forgiveness in adolescence: a contribution to the Italian Validation of the Forgiveness Likelihood Scale. *Mental Health, Religion & Culture*. Routledge. DOI: 10.1080/13674676.2017.1376628

Cabras, C., & Mondo, M., (2017). Future Orientation as a Mediator Between Career Adaptability and Life Satisfaction in University Students. *Journal of Career Development*. SAGE Publishing DOI: 10.1177/0894845317727616.

Cabras, C., & Mondo, M. (2017). Coping strategies, optimism, and life satisfaction among first-year university students in Italy: gender and age differences. *Higher Education*, 1-12. DOI 10.1007/s10734-017-0161-x, ISSN 0018-1560.

Curci A., Cabras C., Lanciano T., Soleti E., & Raccis C., (2016). What is over and above Psychopathy? The Role of Ability Emotional Intelligence in Predicting Criminal Behavior. *Psychiatry, Psychology and Law*, DOI:10.1080/13218719.2016.1196642, ISSN: 1321-8719.

Updated on 11-11-2024