

CURRICULUM VITAE

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Current Positions

- **November 14, 2017 – present:** Associate Professor of Psychiatry, SSD MED/25 – Psychiatry, Department of Medical Sciences and Public Health, University of Cagliari.
- **October 2, 2022:** National Scientific habilitation for Full Professorship in Psychiatry (Academic Field 06/D5).
- **May 2009 – present:** Member of the Educational Committee, Post-Graduate Training program in Psychiatry, University of Cagliari.
- **October 17, 2023 – present:** Director, Complex Operational Unit of Psychiatry, University Hospital of Cagliari.
- **October 1, 2023 – present:** Consultant for the University Hospital of Cagliari under agreement with the Regional Office of INAIL (National Institute for Insurance against Accidents at Work), providing forensic psychiatric diagnostic evaluations.
- **October 2024 – present:** Member of the Academic Board, Doctoral School in Neuroscience, University of Cagliari.
- **September 2, 2020 – October 16, 2023:** Senior Specialist (AS2 Level), clinical lead for "Management of Eating Behavior Disorders", University Hospital of Cagliari.
- Member of the Regional Technical Working Group on Eating Disorders (DNA) for the Sardinia Region, representing the Italian Society of Psychopathology of Eating Behavior.
- **February 2023 – present:** Departmental Representative, Interdepartmental Center "Cagliari Accessibility Lab – Physical and Cognitive Accessibility", University of Cagliari.
- **May 19, 2009 – November 13, 2017:** University Researcher, SSD MED/25 – Psychiatry, Department of Medical Sciences and Public Health, University of Cagliari.

- **May 19, 2009 – present:** Psychiatrist at the Psychiatric Clinic, University Hospital of Cagliari (initially under agreement with ASL No. 8 of Cagliari until March 31, 2015, and with the University Hospital from April 1, 2015). Clinical activities include inpatient and outpatient psychiatric evaluations, home consultations, emergency services including involuntary treatments, and management of complex psychiatric disorders with a focus on personality disorders, eating disorders, and gender incongruence. Duties also include therapeutic planning, rehabilitation, and medico-legal evaluations in coordination with the Department of Mental Health of the Cagliari Health Authority.

Education and Training

- **Medical Degree:** University of Cagliari, July 22, 1999. Thesis: *“Temperament, Character, and Twinship: A Preliminary Study Using the TCI (Temperament and Character Inventory)”*. Graduated with highest honors and special mention. Licensed as a physician in 2000.
- **Specialist in Psychiatry and Psychotherapist:** University of Cagliari, February 2, 2004. Thesis: *“Women and Schizophrenia”*. Graduated with full marks, honors, and special mention. Registered psychotherapist since March 16, 2004.
- **Ph.D. in Psychiatric Sciences (20th Cycle):** University of Messina, March 31, 2008. Thesis: *“Obesity, Psychiatric Comorbidity and Quality of Life: Results of a Case-Control Study”*.
- **Specialist in Bionomic Psychotherapy:** European Institute for the Bionomic Approach, Cagliari, January 30, 2009. Thesis: *“Autoergy, Bionomic Motivation and Mneme: Experimental Evidence”*. Graduated with honors and special mention.
- **Second-Level Master’s Degree in Clinical Psychopharmacology:** Vita-Salute San Raffaele University, A.A. 2008/2009. Thesis: *“Evaluation of the Concordance between Risperidone and 9-OH Risperidone Effects: A Naturalistic Sequential Study”*.
- **Second-Level Master’s Degree in Healthcare Management 4.0:** UnitelmaSapienza University, December 3, 2024. Final grade: 110/110.

Leadership or Collaboration in Research Activities Involving National or International Collaborations

2001–2002: Collaboration in the Italian Multicenter Study aimed at validating the Structured Clinical Interview for Psychosis (SCI-PSY) (National Scientific Coordinator: Prof. Giovanni B. Cassano).

2002–2003: Consultant and Regional Data Coordinator in the Italian Multicenter Study "Women and Schizophrenia", SIDeS (Coordinating Centers: Mental Health Department of Genoa and University of Pavia).

2005–present: Coordinator, clinical and psychodiagnostic consultant, and data manager for the study and intervention project on obese patients characterized by a multidisciplinary approach involving biomedical, psychosocial, and psychiatric perspectives. The project involves the Center for the Diagnosis and Treatment of Obesity at the University Hospital of Cagliari and the Psychiatric Clinic of the University of Cagliari.

May 2006 – May 2008: Collaboration in the National Multicenter PRIN-2005 Project "Depression in Primary Care: Interpersonal Counseling vs. Selective Serotonin Reuptake Inhibitors. The DEPICS Study. A Multicenter Randomized Controlled Trial" (Scientific Coordinator: Prof. Domenico Berardi).

2009–present: Psychiatrist Coordinator and data manager for the study and intervention project on asthmatic patients involving the Clinical Immunology Unit of the University Hospital of Cagliari and the Psychiatric Clinic of the University of Cagliari.

March 2011 – April 2011: Multicenter research project "Urban Insecurity and Fear of Crime: A Survey Among Patients with Mental Disorders" (Scientific Coordinators: Prof. Andrea Fiorillo, Prof. Corrado De Rosa).

2011–present: Psychiatrist Coordinator of a prospective research and intervention project on individuals with Gender Dysphoria, in collaboration between the University Psychiatric Clinic and the Endocrinology Unit of the University Hospital of Cagliari. The project includes diagnosis, endocrinological and surgical referral, and psychological/psychiatric support.

2013–2015: Study Coordinator for the PATTERN Study: A non-interventional prospective cohort study of patients with persistent symptoms of schizophrenia to describe the course and burden of illness. Sponsor: Roche.

March 2012 – September 2013: Research project “Multicenter Study on Factors Influencing Real-Life Social Functioning in People Diagnosed with Schizophrenia” (Italian Network for Research on Psychoses) (National Coordinator: Prof. Mario Maj).

September 2013 – September 2014: Experimental health promotion project “Corri che ti Passa”, in collaboration with the ABÍCÍ association, the Hygiene Section of the Department of Public Health, Clinical and Molecular Medicine, and the Health Professions Degree Courses at the University of Cagliari.

2013–2015: Collaboration in the Italian Multicenter Study for the Validation of the Italian version of the BPDSI (Borderline Personality Disorder Severity Index) scale. (National Coordinator: Prof. Massimo Clerici).

2014: National Multicenter STAR Network Study on “Association between Psychotropic Drugs and QTc Interval Prolongation: A Cross-Sectional Study” (National Coordinator: Prof. Corrado Barbui).

2014–2015: National Multicenter Study on “The Prevalence of Binge Drinking and Use of New Psychoactive Substances in a Sample of Young Adults with Psychopathological Issues” (Scientific Coordinator: Dr. Giovanni Martinotti).

February 2015 – present: Study on “Eating Disorders, Diabulimia, Anxiety and Depression in a Sample of Patients with Type 1 or 2 Insulin-Treated Diabetes”, in collaboration with the Diabetology Units of ASL 8 Cagliari and the University Hospital of Cagliari.

March 2016 – present: Research project “Italian Network for Research on Psychoses – 4-Year Follow-Up Multicenter Study on Factors Influencing Real-Life Social Functioning in People with Schizophrenia” (Scientific Coordinator: Prof. Silvana Galderisi; National Coordinator: Prof. Mario Maj).

July 2016 – July 2017: National Multicenter STAR Network Study on “Long-Acting Antipsychotics: Patient Characteristics and Prescribing Attitudes in Italy. An Observational Multicenter Study” (National Coordinator: Prof. Corrado Barbui).

November 2016 – present: Research project on “Effects of Repetitive Transcranial Magnetic Stimulation on Serum BDNF Levels, Cognitive Functions, and Severity of Illness in Adults with Treatment-Resistant Major Depressive Disorder”, in collaboration with the Department of Biomedical Sciences, Neuroscience and Clinical Pharmacology Section of the University of Cagliari. Funded by the Italian Society of Psychiatry – Sardinian Regional Section and the Fondazione di Sardegna.

2016–2017: Study Coordinator for the study “A 52-Week, Open-Label, Prospective, Multicenter, International Study of a Transition to the Paliperidone Palmitate 3-Month Formulation in Patients with Schizophrenia Previously Stabilized on the Paliperidone Palmitate 1-Month Formulation.” Sponsor: Janssen-Cilag.

May 2018 – Present: Collaboration in the observational multicenter study “The role of psychological pain in assessing suicide risk in patients with psychiatric disorders.” National Coordinator: Prof. Maurizio Pompili.

January 2019 – Present: Collaboration in the multicenter study CogRem – Cognitive rehabilitation in patients with major depression treated with antidepressants: a randomized controlled pilot study. Coordinating Center: Chair of Psychiatry, University of Brescia (Prof. Antonio Vita).

February 2019 – December 2021: Collaboration in the project “Pharmacogenetics of antidepressant drugs: characterization of CYP2D6 and CYP2C19 metabolic profiles in a Sardinian population with major depressive disorder and the economic impact of testing,” funded by the Autonomous Region of Sardinia (2017 call – Development and Cohesion Fund 2014–2020). Funding: €110,000.

June 2019 – Present: Collaboration in the project “A multidisciplinary approach to mental

illness: do inflammation, telomere length, and microbiota form a loop? A cross-sectional study on the complex relationship between inflammation, telomere length, microbiota, and psychiatric disorders." Funded by Fondazione di Sardegna ("Triennial Agreement 2015–2017") and the Autonomous Region of Sardinia (Regional Law August 7, 2007, No. 7 – 2016 call), Grant No. F72F16003090002.

December 2019 – Present: Collaboration in the project "Melatonin MT1 receptor and bipolar disorder: from target validation to psychopharmacological implications." Funded by the Brain & Behavior Research Foundation.

January 2020 – Present: Collaboration in the project "The clock is ticking on schizophrenia: a translational study integrating phenotypic, genomic, microbiome, and biomolecular data to overcome disability." Funded with €350,000 by the 2019 Finalized Research Call of the Italian Ministry of Health.

January 2020 – Present: Collaboration in the project "Toward precision medicine for the prediction of treatment response in major depressive disorder through stratification of combined clinical and –omics signatures (PROMPT)," funded under the ERAPERMED 2020 call (€1,325,555). Project Coordinator: Prof. Bernhard T. Baune, University of Münster, Germany.

July 2020 – Present: Collaboration in the project "Investigating neurobiological markers of obsessive-compulsive disorder: a cross-sectional study in different phenotypic subgroups," funded by Fondazione di Sardegna (2019 cycle).

October 2020 – June 2022: Head of the "Psychiatric Clinic, University of Cagliari" operational unit in the Executive Project – Alcol Fund A.F. 2020 – Law 125/2001 ("Framework Law on alcohol and alcohol-related issues"), art. 3, paragraph 4 – "Gender medicine in alcohol use disorder." Project assigned to the Region of Sardinia; involved 21 Italian regions. Scientific Coordinator: Dr. Graziella Boi. Project duration: 12 months. Funding: €48,504.

March 2023 – Present: Local Coordinator of the National Multicenter Study "Evaluation of the effectiveness of family psychoeducational intervention for major depression: a randomized controlled study." National Coordinating Center: University of Naples.

May 2023 – Present: Local Coordinator of the pilot study "Attitudes, knowledge, and preparedness of mental health professionals toward LGBT patients/clients (Mental hEalth pRofessionals IGbt pEople)."

May 2024 – Present: Co-Principal Investigator in the high-impact project on chronic non-communicable diseases (MCnT2) with healthcare and social care systems, code WFR PNRR-MCNT2-2023-12377558, titled "Mapping the natural course of comorbid bipolar disorder via integration of multimodal data (MapCoBD)," funded under the 2nd PNRR public call. Funding: €999,000.

2023 – Present: Collaboration in the study "Investigating the interplay between mitochondrial function and inflammation to identify biosignatures of bipolar disorder and of response to long-term lithium treatment," funded by Fondazione Banco di Sardegna.

Collaboration in Other Research Projects

Feb 2003 – Jun 2003: Sub-Investigator in the RIS-INT-87 Study: "Evaluation of the efficacy and tolerability of long-acting risperidone microspheres in patients with schizophrenia or other psychotic disorders switching from depot or oral antipsychotics to long-acting risperidone microspheres." Sponsor: Janssen-Cilag.

Apr 2007 – Jun 2007: Sub-Investigator in the RIS-SCH-4043 Study: "Is Premorbid Functioning a predictor of outcome in patients with early onset psychosis treated with Risperdal Consta? PROPEL Study." Sponsor: Janssen-Cilag.

Feb 2008 – Mar 2009: Sub-Investigator in the PERFLexS Study: "An Open-label Prospective Trial to explore the tolerability, safety, and efficacy of flexibly dosed Paliperidone ER in subjects with Schizophrenia." Sponsor: Janssen-Cilag.

Feb 2009 – Feb 2010: Coordinator in the “Well-being Project” in collaboration with Eli Lilly: cognitive-behavioral group psychoeducational intervention focused on body weight, targeting overweight/obese patients undergoing treatment for severe mental disorders.

Jun 2010 – Present: Co-Coordinator of the research project “Clinical Remission, Functional Recovery, and Recovery in Schizophrenia Spectrum Disorders: A Naturalistic Prospective Study” (Principal Investigator: Prof. Bernardo Carpiniello).

Jun 2010 – Present: Research activities and team member in the Personality Disorders Outpatient Unit of the University Psychiatric Clinic of Cagliari, providing clinical care, psychodiagnostic assessment, and psychiatric/psychotherapeutic interventions for patients with personality disorders.

May 2011 – Present: Research and intervention project on Eating Disorders including clinical evaluation, psychodiagnostic assessment, and psychiatric, psychotherapeutic, psychoeducational, and nutritional interventions for patients with disordered eating.

Jun 2011 – Dec 2013: Sub-Investigator in the PALMFlexS JC Study: “An international, open-label, prospective, multicenter, 6-month study on switching to flexible doses of Paliperidone palmitate in patients with schizophrenia previously unsuccessfully treated with oral or long-acting injectable antipsychotics.” Sponsor: Janssen-Cilag.

Mar 2012 – Mar 2013: Sub-Investigator in the OSTER Study: “Observational Study to evaluate predictive factors of remission in patients with Bipolar I Disorder who have experienced a manic episode.” Sponsor: Lundbeck Italia.

Sep 2013 – Sep 2014: Unit Coordinator in the experimental health promotion project “Corri che ti Passa” in collaboration with the ABÍCÍ association, the Hygiene Section of the Department of Public Health, Clinical and Molecular Medicine, and the Health Professions programs of the University of Cagliari. The study promoted healthy lifestyles among patients with chronic psychiatric disorders through psychoeducation, guided physical activity, and psychodiagnostic assessment.

Sep 2013 – Oct 2014: Sub-Investigator in the study: “A 28-week, randomized, open-label study evaluating the effectiveness of aripiprazole once-monthly versus paliperidone palmitate in adult patients with schizophrenia.” Sponsor: Lundbeck Italia.

Feb 2014 – Feb 2015: Coordinator of the research project: “Comorbidity with Personality Disorders in Mood and Psychotic Spectrum Disorders: Prevalence, Clinical and Therapeutic Implications.”

Apr 2014 – Present: Coordinator of the study: “Prevalence of risk for eating disorders, drunkorexia, and alcohol-related problems in a representative sample of Sardinian adolescent and young adult students.”

Apr 2015 – Present: Coordinator of the observational study and psychoeducational intervention “Sport and Health”, which involved a survey on athletes to explore the balance between physical activity, body image, and nutrition, as well as the risk of eating disorders, followed by targeted seminars promoting healthy lifestyles.

Jun 2016 – Jun 2018: Collaboration in the effectiveness study “Metacognitive Interpersonal Therapy for Personality Disorders: Effects on Interpersonal Functioning, Quality of Life, and Healthcare Costs in the Autonomous Region of Sardinia.” Funded by Fondazione Banco di Sardegna.

May 2024 – Present: Co-Principal Investigator in the national research project “Mapping the natural course of comorbid bipolar disorder via integration of multimodal data (MapCoBD),” funded under the second PNRR public call, Non-Communicable Chronic Diseases Section (MCnT2). Grant code: WFR PNRR-MCNT2-2023-12377558. Funding: €999,000.

Teaching Activities

- Clinical and Research Tutor for the Psychiatry Residency School, Department of

Psychiatry, University of Cagliari. The assignment dates back to 2005.

- 2005/2006 to 2007/2008 A.A. s: Tutor for Professional Internship, Integrated Course in Psychiatry, Psychology, Neurology, Medical School, University of Cagliari.
- 2006/2007 A.A. : Tutor for the II-level Master's program in "Psychoeducational and Animation Techniques in Psychiatric Rehabilitation", 1st edition (Director Prof. Bernardo Carpinello), University of Cagliari, Faculty of Medicine and Surgery.
- 2007/2008 A.A. : Lecturer in "Psychiatric Clinic" (10 hours of lectures), Master's in Educational Clinical Practice in Developmental Age (Director Prof. Stefano De Virgilis), University of Cagliari, Faculty of Medicine and Surgery.
- 2007/2008 to 2009/2010 A.A.: Lecturer in "Psychiatry" (30 hours of lectures), Degree in Social Work, Nuoro campus, University of Cagliari.
- 2009/2010 to 2014/2015 A.A.: Lecturer in "Clinical Examination and Psychiatric Semiotics" (1 CFU, 8 hours of lectures), Psychiatry Residency School, First Year, Faculty of Medicine and Surgery, University of Cagliari.
- 2009/2010 to 2013/2014 A.A.: Coordinator of the Integrated Course in "Psychiatry" and Lecturer in the "Psychiatry" module (12 hours of lectures), Nursing Degree Program, University of Cagliari.
- 2009/2010 A.A.: Co-lecturer in the "Psychiatry" module (Integrated Course in "Mental Health") (10 hours of lectures). Degree in Health Assistance, University of Cagliari.
- 2010/2011 to 2014/2015 A.A.: Lecturer in "Clinical Aspects of Eating Disorders and Impulse Control Disorders" (2 CFU; 16 hours of lectures), Psychiatry Residency School, Second Year, Faculty of Medicine and Surgery, University of Cagliari.
- 2010/2011 to 2011/2012 A.A.: Coordinator of the Integrated Course in "Mental Health" and Lecturer in the "Psychiatry" module (20 hours of lectures), Degree in Health Assistance, University of Cagliari.
- 2011/2012 A.A.: Lecturer in "Clinical Aspects of Adjustment Disorders, Sexuality,

- and Dissociative Disorders” (1 CFU, 8 hours of lectures), Psychiatry Residency School, Third Year, Faculty of Medicine and Surgery, University of Cagliari.
- 2011/2012 to 2016/2017 A.A.: Lecturer in “Clinical Psychopharmacology II” (1 CFU theoretical; 6 CFU practical), Integrated Course “Therapeutic Interventions in Psychiatry II”, Psychiatry Residency School, Third Year, Faculty of Medicine and Surgery, University of Cagliari.
 - 2011/2012 A.A. : Coordinator of the Integrated Course in “Psychiatry” and Lecturer in the “Psychiatry” module (12 hours of videoconference lectures), Nursing Degree Program, Nuoro campus, University of Cagliari.
 - 2011/2012 A.A. : Coordinator of the Integrated Course in “Psychiatry” and Lecturer in the “Psychiatry” module (12 hours of lectures), Nursing Degree Program, University of Cagliari.
 - 2012/2013 A.A. : Lecturer in “Clinical Psychology” (1 CFU), Urology Residency School, First Year, Faculty of Medicine and Surgery, University of Cagliari.
 - 2012/2013 to 2015/2016 A.A.: Lecturer in “Clinical Aspects of Personality Disorders” (1 CFU theoretical; 2 CFU practical), Integrated Course “Clinical Psychiatry II”, Psychiatry Residency School, Fourth Year, University of Cagliari.
 - 2012/2013 to 2014/2015 A.A.: Coordinator of the Integrated Course in Community Health and Lecturer in the “Psychiatry” (8 hours) and “Psychiatric Rehabilitation” (8 hours) modules, Degree in Health Assistance, University of Cagliari.
 - 2013/2014 to 2015/2016 A.A.: Lecturer in “Guidelines in Psychiatry” (1 CFU; 8 hours of lectures), Integrated Course “Therapeutic Interventions in Psychiatry IV”, Psychiatry Residency School, Fifth Year, University of Cagliari.
 - 2014/2015 A.A. : Coordinator of the Integrated Course in “Clinical Nursing in Mental Health and Community Intervention Methodology” and Lecturer in the “Psychiatry” module (8 hours of lectures), Nursing Degree Program, University of Cagliari.
 - 2015/2016 to 2021/2022 A.A.: Lecturer in “Adult Neurodevelopmental Disorders, Impulse Control Disorders, Sexual and Gender Identity Disorders” (1 CFU),

Integrated Course “Clinical Psychiatry II”, Psychiatry Residency School, Third Year, University of Cagliari.

- 2015/2016 to 2021/2022 A.A.: Lecturer in “Clinical Examination and Psychodiagnostic Evaluation”, Integrated Course “Evolution of Psychiatric Disciplines and Approach to Individuals with Mental Disorders”, Psychiatry Residency School, First Year, University of Cagliari.
- 2015/2016 A.A. : Lecturer in “Clinical Aspects of Personality Disorders” (1 CFU theoretical; 2 CFU practical), Integrated Course “Clinical Psychiatry II”, Psychiatry Residency School, Fourth Year, University of Cagliari.
- 2015/2016 to 2021/2022 A.A.: Lecturer in “Personality Disorders”, Integrated Course “Emergencies and New Emergencies in Psychiatry”, Psychiatry Residency School, Fourth Year, University of Cagliari.
- 2015/2016 to 2016/2017 A.A.: Lecturer in “Anxiety Disorders, Obsessive-Compulsive Disorder, Stress and Traumatic Disorders” (2 CFU), Integrated Course “Clinical Psychiatry I”, Psychiatry Residency School, Second Year, University of Cagliari.
- 2015/2016 to 2021/2022 A.A.: Lecturer in “Guidelines and Clinical Practice”, Integrated Course “Competencies in Professionalism and Clinical Practice”, Psychiatry Residency School, Fourth Year, University of Cagliari.
- 2015/2016 to 2021/2022 A.A.: Lecturer in “Clinical Examination and Psychodiagnostic Evaluation”, Integrated Course “Evolution of Psychiatric Disciplines and Approach to Individuals with Mental Disorders”, Psychiatry Residency School, First Year, University of Cagliari.
- 2015/2016 to 2021/2022 A.A.: Lecturer in “Evidence in Mental Health and Clinical Research in Psychiatry”, Integrated Course “Evidence-Based Psychiatry”, Psychiatry Residency School, Third Year, University of Cagliari.
- 2015/2016 to 2021/2022 A.A.: Lecturer in “Anxiety Disorders, Obsessive-Compulsive Disorder, Disorders Related to Traumatic Events”, Integrated Course

- “Classification in Psychiatry and Mental Disorders I”, Psychiatry Residency School, First Year, University of Cagliari.
- 2015/2016 to 2021/2022 A.A.: Lecturer in “Somatic and Dissociative Disorders”, Integrated Course “Clinical Psychiatry II”, Psychiatry Residency School, Third Year, University of Cagliari.
 - 2015/2016 to 2021/2022 A.A.: Lecturer in “Clinical Psychopharmacology of Mood Stabilizers”, Integrated Course “Integrated Therapies in Psychiatry”, Psychiatry Residency School, Second and Third Year, University of Cagliari.
 - A.A. 2015/2016: Lecturer in "Guidelines in Psychiatry" (1 ECTS), Integrated Course "Therapeutic Interventions in Psychiatry 4," Psychiatry Specialization School, Fifth Year, Faculty of Medicine and Surgery, University of Cagliari.
 - A.A. 2015/2016: Lecturer in "Clinical Psychopharmacology II" (1 theoretical ECTS; 6 practical ECTS), Integrated Course "Therapeutic Interventions in Psychiatry II," Psychiatry Specialization School, Third Year, Faculty of Medicine and Surgery, University of Cagliari.
 - A.A. 2015/2016: Lecturer for an accredited seminar series "A path through psychiatry to break down prejudice" (8 hours of frontal teaching), Nursing Degree Program, University of Cagliari,
 - A.A. 2015/2016: Lecturer for the module "Psychiatric Diagnostics and Rehabilitation" (16 hours of frontal teaching), within the Integrated Course "Psychiatry I," Degree Program in Psychiatric Rehabilitation Techniques, University of Cagliari.
 - A.A. 2016/2017: Coordinator of the Integrated Course in Psychiatry and Psychopathology and Lecturer for the module "Psychiatry and Psychopathology I" (16 hours of frontal teaching), Degree Program in Psychiatric Rehabilitation Techniques, University of Cagliari.
 - From A.A. 2016/2017 to present: Lecturer for the module "Psychiatry" (16 hours of frontal teaching), within the Integrated Course "Neurological and Psychiatric

Sciences II," Degree Program in Professional Education (qualifying for the position of Professional Educator), University of Cagliari.

- From A.A. 2016/2017 to A.A. 2017/2018: Lecturer for the module "Clinical Psychology" (8 hours of frontal teaching), within the Integrated Course "Psychiatry and Clinical Psychology," Degree Program in Medicine and Surgery, University of Cagliari.
- From A.A. 2017/2018 to A.A. 2021/2022: Lecturer for the course "Somatic Symptom Disorders," Integrated Course "Mental Disorders 2," Psychiatry Specialization School, Second Year, Faculty of Medicine and Surgery, University of Cagliari.
- From A.A. 2017/2018 to A.A. 2021/2022: Lecturer for the course "Neurodevelopmental Disorders in Adults, Impulse Control Disorders, Sexual and Gender Identity Disorders" (1 ECTS), Integrated Course "Clinical Psychiatry II," Psychiatry Specialization School, Third Year, Faculty of Medicine and Surgery, University of Cagliari.
- From A.A. 2016/2017 to present: Lecturer for the course "Eating and Nutrition Disorders," Integrated Course "Mental Disorders 2," Psychiatry Specialization School, Second Year, Faculty of Medicine and Surgery, University of Cagliari.
- A.A. 2017/2018: Teaching in the Integrated Course of Psychiatry 1 and Lecturer for the module "Psychiatric Diagnostics and Rehabilitation" (16 hours of frontal teaching), Degree Program in Psychiatric Rehabilitation Techniques, University of Cagliari.
- A.A. 2017/2018: Teaching in the Integrated Course of Psychiatry 2 and Lecturer for the module "Psychiatry of Addictions and Eating Disorders" (16 hours of frontal teaching), Degree Program in Psychiatric Rehabilitation Techniques, University of Cagliari.
- From A.A. 2018/2019 to A.A. 2021/2022: Lecturer for the course "Organization of Mental Health Services," Integrated Course "Competence in Professionalism and Clinical Practice," Psychiatry Specialization School, Fourth Year, Faculty of

Medicine and Surgery, University of Cagliari.

- From A.A. 2018/2019 to A.A. 2021/2022: Lecturer for the course "Psychotherapy I," Integrated Course "Integrated Treatments in Psychiatry," Psychiatry Specialization School, Second Year, Faculty of Medicine and Surgery, University of Cagliari.
- From A.A. 2018/2019 to A.A. 2021/2022: Lecturer for the course "Psychotherapy IV," Integrated Course "Integrated Treatments in Psychiatry," Psychiatry Specialization School, Fourth Year, Faculty of Medicine and Surgery, University of Cagliari.
- Faculty Member and Lecturer for the Master's Degree in Integrated Treatment of Eating Disorders, University of Bologna, on "New Eating Disorder Behaviors," on 21-22 September 2018.
- From A.A. 2018/2019: Coordinator of the Integrated Course in Psychiatry and Clinical Psychology, Odd numbered group, Lecturer for the module in Psychiatry (30 hours of frontal teaching), Degree Program in Medicine and Surgery.
- A.A. 2018/2019: Coordinator of the Integrated Course in Mental Disabilities and Lecturer for the module in Psychiatry (16 hours: 8 hours Cagliari channel + 8 hours Nuoro channel), Degree Program in Nursing (qualifying for the position of Nurse).
- From A.A. 2019/2020 to A.A. 2021/2022: Lecturer for the course "Alcohol-Related Mental Disorders," Psychiatry Specialization School, Third Year, Faculty of Medicine and Surgery, University of Cagliari.
- Lecturer in the First and Second Level Master's Programs in Palliative Care at the University of Cagliari ("Psychological Reactions and Psychiatric Complications in Terminal Illness") (2 hours).
- A.A. 2019/2020: Coordinator of the Integrated Course in Mental Disabilities and Lecturer for the module in Psychiatry (8 hours, Cagliari channel), Degree Program in Nursing.
- Teaching activity within the Territorial Emergency Medical Course, Emergency

Medical Project (MET), held at the University of Monserrato on 27 November 2019.

- From A.A. 2020/2021: Coordinator of the Integrated Course in Cognitive Disabilities and Lecturer for the module in Psychiatry (16 hours), Degree Program in Physiotherapy.
- Faculty Member and Lecturer for the Master's Degree in Integrated Treatment of Eating Disorders, University of Bologna, on "New Eating Disorder Behaviors," on 19 February 2021.
- Teaching activity within the Territorial Emergency Medical Course, Emergency Medical Project (MET), held at the University of Monserrato on 24 February 2021.
- From A.A. 2021/2022 - present: Co-lecturer for the course in Psychiatry, Degree Program in Clinical Psychology of the Life Cycle, Master's Degree in Clinical and Community Psychology: 22.5 hours of frontal teaching, 3 ECTS.
- From A.A. 2022/2023: Coordinator of the Integrated Course in "Neurological and Psychiatric Sciences II," Degree Program in Professional Education (qualifying for the position of Professional Educator), University of Cagliari.
- June 2023: Lecturer for the Master's Program in Integrated Treatment of Eating Disorders in collaboration with Alma Mater Studiorum, University of Bologna, on "Drunkorexia and Diabulimia," as part of the course "Eating Disorders: Diagnosis and Care."
- From A.A. 2023/2024 - present: Lecturer for the module in Clinical Psychology (8 hours of frontal teaching), within the Integrated Course in Psychiatry and Clinical Psychology, Odd numbered group, Degree Program in Medicine and Surgery.
- From A.A. 2022/2023: Lecturer in the Specialization School in Health Psychology: Second Year: Schizophrenic Disorders and Anxiety Disorders (1 ECTS); Fourth Year: Personality Disorders (1 ECTS).
- A.A. 2019/2020 – present: Coordinator of the Fourth Year of the Degree Program in Medicine and Surgery.

- Member of the Promoting and Steering Committee of the Degree Program in Neurophysiopathology Techniques (qualifying for the position of Neurophysiopathology Technician) - Class L/SNT3 (2019).

Scientific Societies

- Member of the Executive Board and Treasurer of the Sardinian Section of the Italian Society of Psycho-Oncology

From 30/09/2002 to 30/09/2008

- Member of the Executive Board of the Sardinian Section of the Italian Society of Psychiatry

From 28/02/2004 to present

- Regional Coordinator of the Young Psychiatrists Group of the Sardinian Section and Member of the National Coordination of Young Psychiatrists, Italian Society of Psychiatry

From 30/05/2007 to 09/06/2014

- Member of the Executive Board of the Sardinian Section of the Italian Society for the Study of Obesity

From 30/04/2009 to 15/06/2016

- Founding member of the Italian Society for the Psychopathology of Eating Disorders (SIPA) (17/02/2011) and current regional representative

- Regional Coordinator of the Sardinian Section of the Italian Society of Psychiatry

From 10/06/2014 to 30/09/2023

- Member of the National Executive Board of the Italian Society of Consultation-Liaison Psychiatry, Special Section of the Italian Society of Psychiatry

From 18/09/2015 to 2024

- Regional Representative of the Italian Society of Social Psychiatry (SIPS), Special Section of the Italian Society of Psychiatry; also Member of the “LGBTI Psychiatry” Working Group within the same society

From 15/02/2018 to present

- Area Coordinator for “Lifestyles in Psychiatry” within the Italian Society of Neuropsychopharmacology, Special Section of the Italian Society of Psychiatry

From 16/08/2019 to present

Scientific Conferences and Speaking Engagements

- Speaker at the 2nd National Congress of Bionomic-Autogenic Psychotherapy, “The Color of Emotions: Chromatic Symbolism in the Life Course”, held in Cagliari on November 15, 2003, with a presentation titled: “Chromatic Diagnostics in a Psychiatric Ward: Preliminary Results of an Experimental Study.”
- Speaker at the ICSAT National Seminar, “Archetypal Psychology and Bionomic Psychology”, held in Bologna on October 13, 2004, with a presentation titled: “Autoergy, Bionomic Motivation, and Core Emotions: Evidence-Based Updates.”
- Speaker at the training course and seminar “Diagnosis Using DSM-IV-TR”, held in Cagliari on November 3, 2004, organized by Formist – Advanced School of Bionomic Psychotherapy.
- Speaker at the ECM-accredited training course “Diagnosis and Treatment of Anxiety-Depressive Spectrum Disorders in Comorbidity with Cardio-Cerebrovascular Diseases”, held in Cagliari on October 12, 2005, with a presentation titled: “Anxiety-Depressive Spectrum Disorders in Comorbidity with Cardio-Cerebrovascular Diseases: National Cross-Sectional Screening in Neurology, Cardiology, and Geriatrics Patients.”
- Speaker at the seminar “Psychiatry and Forensic Psychopathology: Nosology, Nosography, and Psychopathology; Personality Disorders and DSM-IV; Social Dangerousness”, held in Cagliari on March 25, 2006, within the course “Psychological and Forensic Sciences Applied to Investigation”, organized by AIPC.
- Speaker at the seminar “Obesity, Psychopathology, and Psychopharmacology”,

held in Cagliari on November 16, 2006, at Formist – Advanced School of Bionomic Psychotherapy, in collaboration with the Italian Society for the Study of Obesity.

- Speaker at the 2nd Meeting “Sexual Abuse: Prevention, Support, and Operational Coordination”, organized by the Department of Public Health at the University of Cagliari, under the patronage of the Autonomous Region of Sardinia and the Medical Association of Cagliari, held on January 23, 2007, with a presentation titled: “Psychopathology and Abuse.”
- Speaker at the 3rd Thematic Conference of the Italian Society of Psychiatry, “Risk Factors in Mental Disorders”, held in Rome, November 7–9, 2007, with a presentation titled: “Personality Disorders: Classification and Risk Factors.”
- Speaker at the 12th National Congress of the Italian Society of Psychopathology, “Psychiatry: Questions Still Awaiting Answers”, held in Rome, February 19–23, 2008, with a presentation titled: “Gender Differences and Schizophrenia Spectrum Disorders.”
- Speaker at the Macroregional ECM Course “Psychopathological Evaluation, Therapeutic Choices, Professional Responsibility”, held in Naples on June 25, 2008, with presentation and discussion of clinical cases.
- Speaker at the ECM training course “Depressive Metamorphosis from Youth to Old Age: Continuities and Discontinuities”, held in Carbonia on December 13, 2008, with a lecture titled: “Update on Antidepressant Therapy in the Short and Long Term.”
- Scientific Coordinator of the ECM-accredited training event “The Complexity of Depression”, held in Cagliari on May 12, 2009.
- Speaker at the ECM training course “From Dysthymia to Major Depression: New Intervention Models”, held in Cagliari on June 6, 2009, with the following presentations: “Pharmacological Treatment of Depression: New Therapeutic Approaches”, “Dopaminergic Agents: Efficacy and Tolerability in the Short and Long Term”, and “Presentation and Discussion of Clinical Cases.”
- Scientific Coordinator of the ECM-accredited training event “The Complexity of Depression”, held in Salerno on June 24, 2009.
- Scientific and Organizational Secretariat of a cycle of 8 seminars on “Guided Pathways in Forensic Psychiatry”, held in Cagliari and Sassari from September 25,

2009, to October 29, 2010, within the Young Psychiatrists Project – Sardinian Section of the Italian Society of Psychiatry. Topics included: “Compulsory Treatment and Professional Responsibility”, “Professional Responsibility I & II”, “Mental Disorders and Violent Behavior”, “Criminal Responsibility and Accountability”, “Psychiatric Assessment of Offenders”, “Social Dangerousness”, and “Methodology of Forensic Evaluation.”

- Scientific and Organizational Secretariat of the ECM training course “Mood Disorders in Comorbidity with Personality Disorders: Clinical and Therapeutic Implications” (Young Psychiatrists Project – Italian Society of Psychiatry, Sardinian Section), held in Cagliari on October 23, 2009.
- Moderator at the ECM training course “Mood Disorders in Comorbidity with Personality Disorders: Clinical and Therapeutic Implications”, held in Cagliari on October 23, 2009.
- Speaker at the 14th Congress of the Italian Society of Psychopathology “Psychiatry 2010: No Health Without Mental Health”, held in Rome on February 20, 2010, with a lecture titled: “Quality of Life and Psychotic Disorders”, as part of the symposium “Quality of Life, Mental Health, and Treatment.”
- Speaker at the ICSAT training course “The Schizoid Personality: From Diagnosis to Psychotherapy”, held in Cagliari on May 14, 2010, with a presentation titled: “Schizoid Personality According to the DSM and PDM.”
- Speaker at the ECM training project “E-ffective Care: Treating Bipolar Disorder – From Diagnosis to Therapeutic Approaches”, held in Cagliari on June 9, 2010, with presentations titled: “Long-Term Side Effects of Antipsychotics” and “The Role of Pharmacological Therapies in the Long Term.”
- Speaker at the CME Course held during the XVII National Congress of the Italian Society of Neuropsychopharmacology: “Pharmacotherapy of Depression: Innovative Neurobiological Mechanisms and Clinical Effectiveness”, Cagliari, 22 September 2010, presenting and discussing a clinical case on “Onset Depression”.
- Speaker at the CME training course on “Comorbidity in Psychiatry”, held in S. Cristina (OR), 8 October 2010, with presentation and discussion of clinical cases.
- Moderator at the V Thematic Conference of the Italian Society of Psychiatry: “The Psychiatrist of the New Millennium: Training Needs, Clinical Skills, and Professional

- Risks”, Forum on “Territorial Management of Personality Disorders”, Riccione, 13–16 October 2010.
- Moderator at the CME Training Course “The Psychic Body in the Education and Psychotherapy of Eating Disorders”, held in Cagliari, 5–7 November 2010.
 - Speaker at the CME Conference “The Psychic Body in the Education and Psychotherapy of Eating Disorders”, round table on “Psychoeducational Interventions in Adult Eating Disorders: What Kind of Education?”, Cagliari, 5–7 November 2010.
 - Speaker at the CME Course “Agomelatine – Innovation in the Treatment of Major Depression”, with presentation and discussion of clinical cases, Cagliari, 13 November 2010.
 - Speaker at the CME Course “Management and Treatment of Bipolar Disorder: Evolution of Treatments in Light of Current Knowledge”, Oristano, 26 November 2010, with presentation and discussion of clinical cases.
 - Scientific and Organizational Secretariat of the CME Training Course “Eating Disorders and Comorbidity with Mood Disorders: Clinical and Therapeutic Implications” (Young Psychiatrists Project – Italian Society of Psychiatry – Sardinia Section), Cagliari, 7 December 2010.
 - Speaker at the CME Training Course “Eating Disorders and Comorbidity with Mood Disorders: Clinical and Therapeutic Implications”, Cagliari, 7 December 2010, with a presentation titled “Mood Disorders in Comorbidity with Eating Disorders”.
 - Member of the Advisory Board on “Therapeutic Adherence: From Training to Patient Outcomes. The Role of New Technologies and Web Platforms”, Bologna, 14–15 December 2010.
 - Speaker at the CME Training Course “Anxiety and Surroundings”, held in Cagliari, 14 May 2011, with a presentation titled “Comorbidity with Anxiety in Bipolar Disorder and Schizophrenia”.
 - Scientific Secretariat for the VI National Thematic Conference of the Italian Society of Psychiatry: “Gender Differences and Mental Health”, Cagliari, 20–22 October 2011.
 - Moderator of the Symposium “Consultations, Certifications, and Gender Issues: Theory and Practice for Young Psychiatrists”, within the VI National Thematic

Conference of the Italian Society of Psychiatry: “Gender Differences and Mental Health”, Cagliari, 21–22 October 2011.

- Speaker at the VI National Thematic Conference of the Italian Society of Psychiatry: “Gender Differences and Mental Health”, Cagliari, 21–22 October 2011, with presentations titled “Risk Factors, Psychopathology, and Gender Issues. Challenges for Young Psychiatrists: Schizophrenic Spectrum Disorders” and “Premorbid Adjustment, Gender Differences, and Schizophrenic Spectrum Disorders”.
- Speaker at the Conference “Public Health Days: The Contribution of Psychiatry to Public Health”, Cagliari, 19 November 2011, with a presentation titled “Mental Health and Physical Disorders: The Case of Obesity”.
- Speaker at the CME Training Course “B-nomio: From Pharmacological Profile to Clinical Practice”, Cagliari, 28 February 2012, with a presentation titled “The Impact of Metabolic Side Effects of Antipsychotics on the Cardiovascular Risk in Bipolar Disorder Patients”.
- Speaker at the 46th National Congress of the Italian Society of Psychiatry: “Feeding the Mind. From Prevention to Rehabilitation Today”, Milan, 7–11 October 2012, with a presentation titled “Psychotic Disorders and Suicide”.
- Speaker at the Regional CME Congress of the Italian Society of Andrology and the Italian Society of Andrology and Sexual Medicine: “The Fragile Male”, Cagliari, 1 December 2012, with a presentation titled “Gender Identity Disorder”.
- Speaker at the “2nd National Meeting of Young Psychiatrists of the Italian Society of Psychiatry: Psychiatry Between Clinical Practice and Professional Responsibility”, held in Rome, 11–13 April 2013, with the presentations: “Use of Long-Acting Treatments in the Real World: Reflections on an Experience” (Meet the Expert session “New Frontiers in the Treatment of Schizophrenia”) and “Off-Label Use of Psychotropic Drugs in Patients with Personality Disorders” (Workshop “Off-Label Use of Psychotropic Drugs: Clinical Practice and Professional Responsibility”).
- Speaker at the CME Course “Depression: From Recognition to Treatment”, held in Cagliari, 11 May 2013, with a presentation titled “Recognition and Clinical Assessment of Depressive Disorders”.
- Speaker at the course “Top Seminar in Neuropsychiatry: Best Practices in Shared

- Patient Management”, Cagliari, 21 June 2013, with group and plenary discussions on “Criteria for Antidepressant Selection” and “Polytherapy, Drug Interactions, and Management of Complex Patients”.
- Speaker at the CME Course “The Power of Impotence. Erectile Dysfunction as a Precursor to Cardiovascular Disease”, held in Cagliari, 12 October 2013, with a presentation titled “The Fragile Male: Male Depression”.
 - Speaker at the seminar “The Role of Long-Acting Therapy in the Treatment of Schizophrenia: Focus on Paliperidone Palmitate”, held in Cagliari, 6 February 2014, with a presentation titled “From Theory to Clinical Practice of Long-Acting Antipsychotics”.
 - Speaker at the XVIII National Congress of the Italian Society of Neuropsychopharmacology, held in Turin, 3–6 June 2014, with a presentation titled “The Role of Long-Acting Therapy in the Treatment of Schizophrenia: Focus on Paliperidone Palmitate”.
 - Speaker at the CME Course “NEXT-P Project: A New Evolution of Psychiatric Therapy”, held in Cagliari, 9–10 June 2014, with a presentation titled “From Theory to Clinical Practice of Atypical Long-Acting Antipsychotics: Focus on Paliperidone Palmitate”.
 - Speaker at the training course “Benzodiazepines Today: Heroes or Villains”, held in Naples, 18–19 November 2014, with a presentation titled “Benzodiazepines in Personality Disorders”.
 - Speaker at the course “Mixed States: The Unknown. From Psychopathology to Therapy”, held in Venice, 14–15 April 2015, with a presentation titled “Atypical Antipsychotics in Borderline Personality Disorder”.
 - Speaker at the CME Course “Mind the Gap. A Step Towards the Future of Psychiatry”, held in Cagliari, 19 May 2015, with a presentation titled “Current Challenges in Treating Depressed Patients”.
 - Speaker at the CME Course “Italian Research on Psychosis. The Network and New Therapeutic Perspectives”, held in Naples, 30 June – 1 July 2015, with a presentation titled “Schizophrenia and Mass Media”.
 - Scientific Secretariat at the XIII National Congress of the Italian Society of Consultation-Liaison Psychiatry, held in Cagliari, 17–19 September 2015.

- Speaker at the XIII National Congress of the Italian Society of Consultation-Liaison Psychiatry, Cagliari, 17–19 September 2015, with a presentation titled “Managing the Safety of Antipsychotic Treatment: A Study on ECG Monitoring” (Symposium: “Quality of Life, Well-Being and Physical Health in People with Severe Mental Illness”).
- Speaker at the 47th National Congress of the Italian Society of Psychiatry, held in Giardini Naxos, 11–15 October 2015, with the presentations: “ECG Monitoring in Patients Undergoing Antipsychotic Treatment in Routine Clinical Practice” (Symposium: “Mental Health and Cardiac Diseases”) and “Atypical Antipsychotics in Borderline Personality Disorder” (Symposium: “Off-Label Use of Antipsychotics: What Scientific Basis for the Well-Being and Mental Health of Patients?”).
- Speaker at the course “Eating Disorders: Epidemiology and Therapeutic Models. Problems and Prospects in Sardinia”, held in Cagliari, 24 October 2015, with a presentation titled “Prevalence Study of Eating Disorders and Drunkorexia in a Representative Sample of Adolescents and Young Adults”.
- Speaker at the CME Training Course “Sleep and Melatonin in Neuropsychiatric Disorders”, held in Cagliari, 11 March 2016, with a presentation titled “Sleep Disorders in Anxiety”.
- Speaker at the accredited CME Course “Clinical Insights on Depression”, held in Cagliari on 7 May 2016, with a presentation titled “Unmet Needs in Depression”.
- Speaker at the “XIX National Congress of the Italian Society of Neuropsychopharmacology: The Drug and Neurosciences”, held in Acireale, 11–14 October 2016, with a presentation titled “Depression and Cardiovascular Disease: The Role of Antidepressants” (Symposium “Psychopharmacological Treatment as a Risk Factor and Protective Factor in Somatic Diseases”).
- Speaker at the conference “Changes”, held in Monserrato (University Campus) on 12 December 2016, with a presentation titled “Gender Dysphoria: Framework and Transition Pathways”.
- Speaker at the course “Schizophrenia at Onset: Diagnosis, Early Intervention, and Social Functioning”, held in Naples, 23–24 January 2017, with a presentation titled “Violence, Schizophrenia, and Stigma”.
- Discussant at the congress “Trauma and Care: Combining Opportunities”, held in

- Bormio, 6–9 April 2017, as part of the symposium “Paliperidone Palmitate: What Combinations of Opportunities for Schizophrenia Patients”.
- Speaker at the Regional Congress of the Italian Society of Consultation Psychiatry “Diagnosis and Treatment of Psychiatric Disorders in General Hospitals: Update”, held in Alghero, 21–22 April 2017, with a presentation titled “Use of Antidepressants in General Hospitals”.
 - Speaker at the congress “The Integrated Approach in Schizophrenia: Scientific Evidence and Clinical Experiences”, held in Castellammare di Stabia, 8–10 May 2017, with a session on “Rehabilitative and Psychosocial Interventions”.
 - Speaker at the OMECA training course on “Pain in Neurology and Psychiatry”, held in Cagliari, 19 May 2017, with a presentation titled “Pain and Mental Pathology”.
 - Speaker at the course “Major Depression: From Current Issues to Future Perspectives”, held in Cagliari, 22 June 2017, with a presentation titled “Depression in the Elderly”.
 - Participation in the Editorial Board on the topic “The Modern Sense of LAI Valued from the Patient Perspective in the Optimal Management of Schizophrenia”, held in Milan on 26 June 2017.
 - Activity as a Member of the Expert Panel in the training project “Focus Group - Brintellix Strategy”, held in Milan on 18 September 2017.
 - Moderator at the 5th National Meeting of Young Psychiatrists of the Italian Society of Psychiatry “Postmodernity and Psychiatry 2.0”, held in Cagliari, 21–23 September 2017, as part of the symposium “Postmodernity and Psychiatry: New Horizons”.
 - Speaker at the 5th National Meeting of Young Psychiatrists of the Italian Society of Psychiatry “Postmodernity and Psychiatry 2.0”, held in Cagliari, 21–23 September 2017, with a presentation titled “Drunkorexia and Postmodernity: From Binge Drinking to Eating Disorders”, as part of the symposium “Cannabis, Substances, and Psychopathology”.
 - Speaker at the journalistic training course “The Words of Psychiatry in Journalistic Reporting”, held in Cagliari on 28 November 2017, with a presentation titled “Stigma and Mental Health”.
 - Speaker at the 12th National Congress of the Italian Society of Social Psychiatry

- “New Frontiers in Social Psychiatry: Clinical, Public Health, and Neuroscience”, held in Naples, 25–27 January 2018, with a presentation titled “Anorexia from Happy Hour: Focus on Drunkorexia”, as part of the symposium “Social Changes and Psychopathology: The Case of –Orexias”.
- Moderator at the training course “Controversies and Innovations in Child and Adolescent Neuropsychiatry. Eating Disorders”, held in Cagliari on 10 February 2018.
 - Speaker at the XXII Congress of the Italian Society of Psychopathology, held in Rome, 21–24 February 2018, with a presentation titled “Personality Disorders as Risk Factors for Eating Disorders”, as part of the symposium “The Complex Relationship Between Personality and Eating Disorders: Prognostic and Therapeutic Implications”.
 - Scientific Secretariat at the training course organized by SIP and SIAMS, Sardinia Sections, on “Affective Disorders and Sexuality”, held in Cagliari on 24 March 2018.
 - Speaker at the course “Depression in the Real World: Clinical Insights, Treatment Algorithms, and Precision Medicine”, held in Cagliari on 11 April 2018, with a presentation titled “Depression: Prevalence, Costs, Disability, Functioning, and Quality of Life”.
 - Faculty member at the course “Depression in the Real World: Clinical Insights, Treatment Algorithms, and Precision Medicine”, held in Cagliari on 11 April 2018.
 - Speaker at the 48th National Congress of the Italian Society of Psychiatry: Mental Health in the Third Millennium, Goal Healing: Research, Innovation, Changes, and Limits, held in Turin, 13–17 October 2018, with a presentation titled “Physical Activity and Mental Health”, as part of the symposium “Is it Possible to Improve the Physical Health of People with Severe Mental Disorders?”.
 - Speaker at the 48th National Congress of the Italian Society of Psychiatry: Mental Health in the Third Millennium, Goal Healing: Research, Innovation, Changes, and Limits, held in Turin, 13–17 October 2018, with a presentation titled “Gender Dysphoria and Fluidity: Framework and Transition Pathways in Adults”, as part of the symposium “Sexual Identity and Mental Health: Unmet Needs, Dilemmas, and Opportunities”.
 - Speaker at the 48th National Congress of the Italian Society of Psychiatry: Mental

Health in the Third Millennium, Goal Healing: Research, Innovation, Changes, and Limits, held in Turin, 13–17 October 2018, with a presentation titled “Sports and Physical Activity: How Much and How Often?”, as part of the symposium “Prevention and Treatment of Cardiovascular Risk in Patients with Severe Mental Disorders”.

- Speaker at the 48th National Congress of the Italian Society of Psychiatry: Mental Health in the Third Millennium, Goal Healing: Research, Innovation, Changes, and Limits, held in Turin, 13–17 October 2018, with a presentation titled “Gender Differences and Schizophrenia Spectrum”, as part of the symposium “Gender Differences in Mental Health: Clinical and Forensic Aspects”.
- Speaker at the OMECA training course on “Pain in Neurology and Psychiatry”, with a presentation titled “Pain and Mental Pathology”, held in Cagliari on 27 October 2018.
- Speaker at the National Congress of the Italian Society of Psychiatry: Towards Psychiatric Guidelines, Pathways of Good Practices, held in Florence, 21–23 June 2019, with a presentation titled “Gender Fluidity and Dysphoria: Framework and Transition Pathways”, as part of the symposium “Guidelines for LGBTQI+ People: From Healthcare Homophobia to Protection of Rights”.
- Speaker at the training course “New Expectations in the Care of Depressed Patients”, held in Cagliari on 27 June 2019, with a presentation titled “Personalization of Care in Depressed Patients”.
- Scientific Director and faculty member at the training course on “New Expectations in the Care of Depressed Patients”, held in Cagliari on 27 June 2019.
- Speaker at the I-Psych Training Course – Intensive Psychopharmacology Program – Clinical Practice Strategies in Depression, held in Cagliari on 25 September 2019, with a presentation titled “Epidemiology, Prevalence, Functional Deficits, and Costs of Depression”.
- Moderator and faculty member at the congress “The Role of the Endocrinologist in Oncology”, 4th Session on “Some Special Issues in Endocrinology and Oncology”, held in Cagliari on 13 December 2019.
- Speaker at the 11th Asthma & Sport Congress, held at the Conference Hall of the University Campus in Monserrato, 15–16 November 2019, with a presentation titled

“Gender Dysphoria: Diagnostic Framework and Transition Pathways”.

- Moderator at the “XXI National Congress of the Italian Society of Neuropsychopharmacology – Innovative Elements in Neuropsychopharmacology and New Therapeutic Frontiers”, held in Milan, 29–31 January 2020, symposium on “Neurobiology and Safety of Psychotropic Drugs in Pregnancy”.
- Speaker at the XXIV National Congress of the Italian Society of Psychopathology, held in Rome, 19–22 February 2020, with a presentation titled “Impact of Early Traumatic Events on the Psychopathology of an Outpatient Adult Cohort”, as part of the symposium “Psychopathological Trajectories Related to Trauma in Childhood: From Phobia to Psychosis”.
- Speaker at the XXIV National Congress of the Italian Society of Psychopathology, held in Rome, 19–22 February 2020, with a presentation titled “Gender-based Violence: A Feminine Problem”, as part of the symposium “Gender Psychopathology”.
- Moderator at the Regional ADI SIO Congress on “Planet Obesity”, held in Cagliari on 29 February 2020, in the 2nd session titled “The Role of the Psychologist”.
- Speaker at the seminar “Abdominal Pain - A Multidisciplinary Approach”, held as a webinar on 29 July 2020, with a presentation titled “Abdominal Pain in Psychiatry”.
- Coordinator and speaker at the symposium “The Relationship Between Lifestyle and Psychopathology During COVID-19”, part of the XXII National Congress of SINPF: When Everything Changes, held virtually from 27–29 January 2021 and in asynchronous FAD, with a presentation titled “#IORESTOACASA: Physical Activity and Mental Health During COVID”.
- Coordinator and speaker at the symposium “From Gender Dysphoria to the Transition Pathway: The Journey to a New Rebirth”, part of the XXV National Congress of SOPSI, held in live virtual edition from 24–27 February 2021, with a presentation titled “Approach to the Person with Gender Dysphoria According to the Italian Psychiatric Medical Model”.
- Coordinator and speaker at the symposium “Winning Health: The Relationship Between Lifestyle and Well-being”, part of the XXV National Congress of SOPSI, held in live virtual edition from 24–27 February 2021, with a presentation titled “The Benefits of Physical Activity and Sports on Health and Psychophysical Well-being”.

- Scientific Director and Faculty Member at the training event on “The Faces and Impacts of Loneliness in the Elderly”, held as a webinar on 30 June 2021.
- Speaker at the hybrid congress with a hub in Milan of the Lombardy Regional Section of the Italian Society of Psychiatry “Resilience and Restart: Facing the Challenges of Psychiatry”, held on 13–14 October 2021, with a presentation titled “Non-pharmacological Interventions for Depressive Disorders: What Role?”.
- Moderator at the training event “Victimology: Clinical and Forensic Psychiatric Aspects”, held as a webinar on 13 December 2021, as part of the project “Gender Medicine in Alcohol Use Disorder” – CUP: UP-08-2021-10.
- Moderator at the training event “Gender Implications in Psychopharmacology”, held as a webinar on 14 January 2022, in collaboration with the Italian Society of Neuropsychopharmacology, as part of the project “Gender Medicine in Alcohol Use Disorder” – CUP: UP-08-2021-10.
- Scientific Director of the training event “Gender Implications in Psychopharmacology”, held as a webinar on 14 January 2022, in collaboration with the Italian Society of Neuropsychopharmacology, as part of the project “Gender Medicine in Alcohol Use Disorder” – CUP: UP-08-2021-10.
- Coordinator and Moderator of the symposium “The Role of Lifestyle in Depression: From Prevention to Treatment”, part of the XXIII National Congress of SINPF: Restarting After the Storm. The Role of Neuropsychopharmacology, Research, and Technological Innovation, held as a webinar from 26–28 January 2022 and in asynchronous FAD.
- Moderator of the symposium “Clinical and Pharmacological Management of Psychomotor Agitation”, part of the XXIII National Congress of SINPF: Restarting After the Storm. The Role of Neuropsychopharmacology, Research, and Technological Innovation, held as a webinar from 26–28 January 2022 and in asynchronous FAD.
- Speaker at the XXIII National Congress of SINPF: Restarting After the Storm. The Role of Neuropsychopharmacology, Research, and Technological Innovation, held as a webinar from 26–28 January 2022 and in asynchronous FAD, with a presentation titled “Gender Differences in Antipsychotic Efficacy”, as part of the symposium “Gender Psychopharmacology”.

- Coordinator of the workshop “The Role of Psychiatrists in Managing Mental Health in the LGBTQI+ Community”, part of the STAR Academy 2.2 event, held in Milan on 7–8 April 2022.
- Speaker at the II Regional ADI-SIO Congress, with a presentation titled “Obesity and Psychopathology”, held in Cagliari on 21 May 2022.
- Speaker at the XXVI National Congress of SOPSI, held in Rome from 20–23 June 2022, with a presentation titled “Gender Dysphoria and Mental Health”.
- Speaker at the 49th National Congress of the Italian Society of Psychiatry, held in Genoa from 12–15 October 2022, with a presentation titled “Approach to the Person with Gender Dysphoria According to the Italian Psychiatric Medical Model”.
- Speaker at the XXIV National Congress of the Italian Society of Neuropsychopharmacology, held in Milan-Venice from 25–27 January 2023, with a presentation titled “Approach to the Person with Gender Incongruence According to the Italian Medical-Psychiatric Model”.
- Speaker at the pre-congress course of the XXIV National Congress of the Italian Society of Neuropsychopharmacology, held in Milan-Venice on 25 January 2023, with a presentation titled “Gender Psychopharmacology in Early Psychotic Episodes”.
- Speaker at the congress “Mood Disorders, Psychotic Disorders, and Addictions: Integrated Management and Forensic Psychiatric Implications”, held in Nuoro on 13 May 2023, with a presentation titled “The Phenomenon of Addictions in the Transgender World”.
- Moderator of the session “Melatonin, Histamine, and Orexin”, part of the joint congress SINPF – SINPIA, held in Cagliari on 25–26 May 2023.
- Speaker at the Regional Sections Conference of the Italian Society of Psychiatry, held in Cagliari from 25–27 May 2023, with a presentation titled “Gender Incongruence and Gender Affirmation Pathways According to the Italian Medical-Psychiatric Model: Strengths, Issues, and Controversies”.
- Speaker at the Congress on Victimology, Trauma, and Violence Prevention: Clinical and Forensic Psychiatric Aspects, held in Sassari on 16–17 June 2023, with a presentation titled “Profile of the Victim and Perpetrator in Gender-Based Violence”.
- Speaker at the 13th Congress of the Italian Society of Biological Psychiatry, held in

- Naples from 25–28 October 2023, with a presentation titled “Interventions in the Context of Bariatric Surgery and Eating Disorders”, as part of the symposium “Innovative Interventions in Consultation and Liaison Psychiatry”.
- Speaker at the 13th Congress of the Italian Society of Biological Psychiatry, held in Naples from 25–28 October 2023, with a presentation titled “Intervention Models and Territorial Management of People with Gender Incongruence: Issues and Controversies”, as part of the symposium “Mental Health of the LGBTQI+ Population: Training, Needs, and Care Pathways”.
 - Moderator of the symposium “Neurobiology of Eating and Nutrition Disorders”, part of the XXV Congress of the Italian Society of Neuropsychopharmacology, held in Milan from 24–26 January 2024.
 - Moderator of the symposium “Neurobiology of Eating and Nutrition Disorders”, part of the XXV Congress of the Italian Society of Neuropsychopharmacology, held in Milan from 24–26 January 2024.
 - Moderator of the session “Treatment of Sleep Disorders in Comorbidity” at the joint congress SINPF – SINPIA, held in Cagliari on 16–17 May 2024.
 - Moderator of the session “When Obesity Hides an Eating Disorder” at the III Regional Congress SIO ADI Sardinia, held in Cagliari on 16 December 2023.
 - Speaker at the National Congress of the Italian Society of Psychiatry, as part of the Special Section LGBTQIA+ Symposium “Transgender, Gay, Lesbian, and Bisexual People in Italy. Challenges in Training and Research”, with a presentation titled “Gender Incongruence: Life and Care Pathways”, held in Verona from 29 May to 1 June 2024.
 - Speaker at the National Congress of the Italian Society of Psychiatry, as part of the Sardinia Regional Section Symposium “Issues and Innovations in Service Organization”, with a presentation titled “Territorial Management of People with Gender Incongruence: From Life Pathways to Care Pathways”, held in Verona from 29 May to 1 June 2024.
 - Speaker at the National Congress of the Italian Society of Psychiatry, as part of the Special Section of the Italian Society for Family Research and Interventions (SIRIF) Symposium “Between Caregiving, Family Advocacy, and Psychoeducation: Potentials and Limits of Working with Families”, with a presentation titled “Gender

Incongruence and Families: Issues, Needs, and Pathways”, held in Verona from 29 May to 1 June 2024.

- Moderator of the third session at the I National Congress of the Italian Society of Psychiatry and Forensic Psychopathology – The New Challenges of Psychiatry and Forensic Psychopathology, held in Alghero on 21–22 June 2024.
- Moderator at the training course “Fast alLAlance, Effective Interventions in the Treatment of Schizophrenia”, held in Cagliari on 5 July 2024.
- Moderator at the IV Regional Congress SIO ADI Sardinia, held in Cagliari at the Hotel Regina Margherita on Saturday 16 November 2024.

Publications

Total number of publications in peer-review journals 144

Total number of citations 3513 (Scopus)

H index 34 (Scopus)

1. Mazzarotto F, Monteleone P, Minelli A, Mattevi S, Cascino G, Rocca P, Rossi A, Bertolino A, Aguglia E, Altamura C, Amore M, Bellomo A, Bucci P, Collantoni E, Dell'Osso L, Di Fabio F, Fagiolini A, Giuliani L, Marchesi C, Martinotti G, Montemagni C, Pinna F, Pompili M, Rampino A, Roncone R, Siracusano A, Vita A, Zeppegno P, Galderisi S, Gennarelli M, Maj M; Italian Network for Research on Psychoses. Genetic determinants of coping, resilience and self-esteem in schizophrenia suggest a primary role for social factors and hippocampal neurogenesis. *Psychiatry Res.* 2024 Jul 30;340:116107. doi: 10.1016/j.psychres.2024.116107. Epub ahead of print. PMID: 39096746.
2. Alacreu-Crespo A, Innamorati M, Courtet P; Study Group on Mental Pain (Denise Erbuto, Mario Luciano, Gaia Sampogna, Giovanni Abbate-Daga, Stefano Barlati, Claudia Carmassi, Giovanni Castellini, Pasquale De Fazio, Giorgio Di Lorenzo, Marco Di Nicola, Silvia Ferrari, Arianna Goracci, Carla Gramaglia, Giovanni Martinotti, Maria Giulia Nanni, Massimo Pasquani, Federica Pinna, Nicola Poloni, Gianluca Serafini, Maria Signorelli, Alfonso Tortorella, Antonio Ventriglio, Umberto Volpe); Fiorillo A, Pompili M. Are visual analogue scales valid instruments to

- measure psychological pain in psychiatric patients? *J Affect Disord.* 2024 May 3;358:150-156. doi: 10.1016/j.jad.2024.05.017. Epub ahead of print. PMID: 38705528.
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