

## PERSONAL INFORMATION

### Name

ALESSANDRA PERRA  
Cagliari, Italy

### Place a of Birth, Nationality

Born in Cagliari, Italian citizen

### Professional Registration

Registered with the Professional Board of Psychiatric Rehabilitation Technicians (Ordine TSRM-PSTRP) of Cagliari/Oristano, Registration No. 17 since 2018

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## WORK EXPERIENCE

### Academic, Research, and Institutional Experience

- **Dates (from – to):** 2018–2025
- **Teaching activities:**
  - *Methodology of Psychoeducation*, Bachelor's Degree in Psychiatric Rehabilitation Techniques, Faculty of Medicine and Surgery, University of Cagliari, Academic Year 2024/2025, Scientific Disciplinary Sector (SSD) MED/48.
  - *Multimedia Techniques Laboratory in Rehabilitation*, Master's Degree in Rehabilitation Sciences of Health Professions, Faculty of Medicine and Surgery, University of Cagliari, Academic Year 2024/2025, SSD MED/50.
  - *Research Methodology Applied to Psychiatric Rehabilitation*, Bachelor's Degree in Psychiatric Rehabilitation Techniques, Faculty of Medicine and Surgery, University of Padua, Academic Year 2023/2024, SSD MED/48-50.
  - *Coordination of Professional Training Activities*, Master's Degree in Rehabilitation Sciences of Health Professions, Faculty of Medicine and Surgery, University of Cagliari, Academic Years 2023/2024–2024/2025, SSD MED/40-56.
  - *Special Rehabilitation Across the Lifespan (Adolescent Rehabilitation)*, Bachelor's Degree in Professional Education, Faculty of Medicine and Surgery, University of Cagliari, Academic Year 2023/2024, SSD MED/48.
  - *Professional Laboratory and Seminar on Reception and General Concepts of Rehabilitation*, Bachelor's Degree in Professional Education, Faculty of Medicine and Surgery, University of Cagliari, Academic Year 2022/2023, SSD MED/48.
  - *Coordination of Professional Training Activities*, Bachelor's Degree in Psychiatric Rehabilitation Techniques, Academic Year 2018/2019, SSD MED/48.
- **Dates:** September 2023 – Present  
**Employer:** Department of Medical Sciences and Public Health, University of Cagliari  
**Position:** Fixed-term Type A Researcher  
**Main Duties:** Teaching and research activities within the “INF-ACT – One Health basic and translational Research actions addressing unmet needs on emerging infectious diseases” project, part of Mission 4 “Education and Research” of the Italian National Recovery and Resilience Plan (PNRR) (CUP F53C22000720007)
- **Dates:** 2019–2023 and 2023–2027  
**Employer:** Board of Psychiatric Rehabilitation Technicians (TSRM-PSTRP) of

Cagliari/Oristano

**Position:** Elected Role

**Main Duties:** President; Regional Representative for Training Needs (Sardinia); University Education Representative

- **Dates:** June–July 2023; December 2022–January 2023; May–July 2022; February–March 2022; November–December 2021; February 2021–February 2022; October 2019–October 2020

**Employer:** Department of Medical Sciences and Public Health, University of Cagliari

**Position:** Project Researcher

**Main Duties:** Specialized support for the following projects:

- *Empowering Persons with Psychosocial Disabilities to Fight for their Rights* (EU-funded)
- *E-health Against Isolation for Active Ageing* (Funded by Fondazione di Sardegna, 2021)
- *Quality of Mental Health Care in Sardinia Using WHO QualityRights* (Funded by the Sardinian Regional Government, L.R. 7/2007)
- *Monitoring the Impact of COVID-19 on Healthcare Workers – HEROES Study* (Funded by Italian Ministry of University and Research – FISIR)
- *Biofeedback for Biorhythm Regulation in Chronic Diseases and Fibromyalgia* (Funded by Fondazione di Sardegna)

- **Dates:** 2020, 2022–2024, 2023, 2024

**Employer:** Università Europea del Mediterraneo ONLUS

**Position:** Project Manager

**Main Duties:** Project lead for:

- *VIVA!CORE*: Validation of a Virtual Reality Tool for Cognitive Rehabilitation
- *Equal Inclusion and Social Networks: Building Together for the Future*
- *InnovaMente*: Technology and Rehabilitation for Active Ageing
- *CO-ACT*: Active Communities for Inclusion Through Culture

- **Dates:** February 2021 – February 2022

**Employer:** AURORA Social Cooperative, Villamassargia

**Position:** Project Manager

**Main Duties:** Responsible for the “CORPUS: Body-Centered (Chiropractic) and Psychiatric Rehabilitation” project (Fondazione di Sardegna)

- **Dates:** October 2018 – February 2019

**Employer:** Università Europea del Mediterraneo ONLUS

**Position:** Coordinated Collaboration Contract

**Main Duties:** Research support and data analysis for the “#storiemigranti” project – raising awareness on migration through storytelling by individuals with psychosocial disabilities

- **Dates:** July 2018 – September 2018

**Employer:** Università Europea del Mediterraneo ONLUS

**Position:** Coordinated Collaboration Contract

**Main Duties:** Research support for the project “Building an Online Platform and E-learning System for WHO QualityRights”

- **Dates:** January 2018 – September 2018

**Employer:** Department of Medical Sciences and Public Health, University of Cagliari

**Position:** Volunteer (Regional Call L.R. 1996 No. 19)

**Main Duties:** Responsible for organizing a public awareness campaign on mental health stigma, within the project “Tunisia and Sardinia Supporting Human Rights for People with Psychosocial Disabilities”

- **Dates:** April 2017 – July 2017

**Employer:** European Economic and Social Committee (EESC), Brussels

**Position:** Scholarship holder (PREMIALAUREA international mobility program, University of Cagliari)

**Main Duties:** Research support for evaluating the scientific impact of EU-funded projects; participation in hearings on European project planning, circular economy, disability rights, and labor issues

- **Dates:** April 2016 – July 2016

**Employer:** Università Europea del Mediterraneo ONLUS

**Position:** Occasional Collaboration Contract

**Main Duties:** Research support for the project “Suicide Prevention in a Region of Sardinia”

- **Dates:** September 2015 – December 2015

**Employer:** Universidad del Museo Social Argentino, Buenos Aires

**Position:** Scholarship holder (GLOBUS PLACEMENT, international mobility program, University of Cagliari)

**Main Duties:** Organization and participation in three research projects evaluating mental health status among Sardinian emigrants in Argentina

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## CLINICAL AND REHABILITATION EXPERIENCE

- **Dates (from – to):** February 2018 – August 2023

• **Employer:** AURORA Social Cooperative Society ar.l. Onlus, registered office: Reg. Talaroga s.n., 09010 Villamassargia, Italy

• **Type of employment:** Permanent contract as Psychiatric Rehabilitation Technician

• **Main duties and responsibilities:**

Development and implementation of personalized psychosocial and rehabilitative programs in the field of mental health

- **Dates (from – to):** 2018/2020 – 2021/2022

• **Employer:** AURORA Social Cooperative Society ar.l. Onlus, registered office: Reg. Talaroga s.n., 09010 Villamassargia, Italy

• **Type of employment:** Psychiatric Rehabilitation Technician for social and work inclusion projects (INCLUDIS), in collaboration with the Municipality of Cagliari and the Region of Sardinia

• **Main duties and responsibilities:**

Tutor for supported employment and inclusion pathways

- **Dates (from – to):** December 2018 – February 2019

• **Employer:** CTR Social Cooperative, SPPA (Support and Promotion Services for individuals) in home and semi-residential settings

• **Type of employment:** Fixed-term contract as Psychiatric Rehabilitation Technician

• **Main duties and responsibilities:**

Implementation of personalized psychosocial and rehabilitative programs in the field of mental health

- **Dates (from – to):** May 2017 – April 2018

• **Employer:** ARIANNA Social Cooperative, registered office: Via Vittorio Emanuele 500, Fluminimaggiore (Carbonia-Iglesias), Italy

• **Type of employment:** Occasional collaboration under the Sardinian Foundation 2017 calls, in partnership with the University of Cagliari

- **Main duties and responsibilities:**

Support in the coordination of individual rehabilitation projects and activities targeting individuals with psychosocial disabilities within the project "*Centro Culturale La Virgola – Supporting inclusion beyond the comma*"

- **Dates (from – to):** September 2017 – April 2018

- **Employer:** ASARP – Sardinian Association for the Implementation of Psychiatric Reform, registered office: Via Romagna 14, Cagliari, Italy

- **Type of employment:** Fixed-term contract as Psychiatric Rehabilitation Technician

- **Main duties and responsibilities:**

Individual and group rehabilitation activities within a therapeutic rehabilitation community

- **Dates (from – to):** May 2016 – February 2018

- **Employer:** AURORA Social Cooperative Society ar.l. Onlus, registered office: Reg. Talaroga s.n., 09010 Villamassargia, Italy

- **Type of employment:** Occasional collaboration as Psychiatric Rehabilitation Technician

- **Main duties and responsibilities:**

Collaboration in individual and group rehabilitation activities

- **Dates (from – to):** March 2014 – July 2015

- **Employer:** Center for Consultation Psychiatry and Psychosomatics, directed by Prof. Mauro Giovanni Carta, University Hospital (Azienda Mista Ospedaliero-Universitaria), San Giovanni di Dio Hospital, Cagliari

- **Type of employment:** University internship

- **Main duties and responsibilities:**

Participation in individualized and group rehabilitation interventions, research projects, and psychoeducation groups for Bipolar Disorder as co-facilitator

- **Dates (from – to):** June 2014 – February 2015

- **Employer:** Center for the Treatment of Alcohol-Related Psychiatric Disorders, directed by Dr. Graziella Boi, Mental Health Department, ASL Cagliari, registered office: Via Romagna 16, Cagliari

- **Type of employment:** University internship

- **Main duties and responsibilities:**

Participation in motivational, psychotherapy, and psychoeducation groups for the treatment of alcohol-related disorders and pathological gambling

- **Dates (from – to):** June 2013 – December 2013

- **Employer:** AGAPE Social Cooperative Society Onlus, registered office: Via Baldassarre Castiglione 76, Cagliari

- **Type of employment:** University internship

- **Main duties and responsibilities:**

Participation in rehabilitation activities, support in assisted living management, and organization of recreational activities at the Family Home in Quartu for individuals with mental disabilities

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## EDUCATION AND TRAINING

- **Dates (from – to):** October 2019 – April 2023
  - **Name and type of organization providing education or training:** Ph.D. in Science and Technologies for Innovation, Department of Mechanical and Materials Engineering.
  - **Principal subjects/occupational skills covered:** Use of technological innovation tools in the medical sciences rehabilitation sector, particularly in psychiatric rehabilitation.
  - **Title of qualification awarded:** Ph.D.
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- **Dates (from – to):** October 2016 – December 2018
  - **Name and type of organization providing education or training:** Master's Degree in Rehabilitation Sciences of Health Professions, University of Cagliari (Faculty of Medicine and Surgery).
  - **Principal subjects/occupational skills covered:** Skills in research, education, and management in the field of rehabilitation; ability to intervene in care, management, educational, and research processes related to various health professions within the relevant field.
  - **Title of qualification awarded / National classification level (if appropriate):** Graduated in Rehabilitation Sciences of Health Professions with final grade 110/110 cum laude and special mention.
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- **Dates (from – to):** October 2012 – April 19, 2016
  - **Name and type of organization providing education or training:** Faculty of Medicine and Surgery, Degree in Psychiatric Rehabilitation Techniques, University of Cagliari.
  - **Principal subjects/occupational skills covered:** Rehabilitation techniques in mental health, general psychopathology knowledge, and evidence-based intervention techniques.
  - **Title of qualification awarded:** Graduated as Psychiatric Rehabilitation Technician with final grade 110/110 cum laude and special mention.
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- **Dates (from – to):** May 2019 – October 2019
  - **Name and type of organization providing education or training:** Master's Course in Cognitive Remediation and Behavioral Techniques in Psychiatric Rehabilitation Projects: from Childhood to Adulthood, PROMIND – Mental Health Services, Rome.
  - **Principal subjects/occupational skills covered:** Research, education, and management competencies in rehabilitation; ability to intervene in care, management, and research processes for various healthcare professions in this field.
  - **Title of qualification awarded:** Training course with 50 ECM (Continuing Education in Medicine) credits.

## PERSONAL SKILLS AND COMPETENCES

Acquired throughout life and career but not necessarily certified by official qualifications.

**MOTHER TONGUE:** Italian

### OTHER LANGUAGES:

#### English / Spanish

- Reading skills: B2 / B1
- Writing skills: B2 / B1
- Oral expression: B2 / B1

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## **SOCIAL SKILLS AND COMPETENCES**

Good interpersonal skills, excellent ability to establish social and work relationships, strong skills in multicultural environments developed through various experiences in formal and informal settings, including cultural, work-related, sports, and intercultural group activities.

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## **ORGANIZATIONAL SKILLS AND COMPETENCES**

Strong ability to meet deadlines and objectives, to work autonomously, and excellent organizational skills.

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## **TECHNICAL SKILLS AND COMPETENCES**

Good knowledge of IT systems, excellent command of Microsoft Word, Excel, PowerPoint (Windows and Mac), AutoCAD, Pages, Keynote, and both Windows and macOS (Snow Leopard).

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## **ARTISTIC SKILLS AND COMPETENCES**

Good artistic skills in photography.

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## **OTHER SKILLS AND COMPETENCES**

Dog training skills.

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## **DRIVING LICENCE**

Category B

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## **AWARDS AND HONOURS**

- **1st Place**, 8th Edition of the National Scientific Award “Rocco Pollice”, SMILE ONLUS Association, L’Aquila, 2024.
  - **2nd Place**, International Scientific Award in Translational Medicine “Antonio Cao Prize”, University of Cagliari, 2024.
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## COURSES, CONFERENCES, SCIENTIFIC SOCIETIES, AND OTHER INFORMATION

- Speaker at the national conference “Virtual Reality in Italian Mental Health Departments” organized by ASL Roma 1, Rome, December 10, 2024. [ASL Roma 1](#)
- Chair of the international webinar “Stress, Rhythms Dysregulation and Bipolar Spectrum” organized by the Journal of Clinical Medicine, November 20, 2024.
- Moderator of the national conference “Human Values and Rights in Healthcare: The Contribution of Rehabilitation Health Professions” organized by the Order of Medical Radiology Technicians and Technical, Rehabilitation, and Prevention Health Professions, Cagliari, November 16, 2024.
- Speaker and member of the scientific committee at the international conference “Translational Medicine in Biomarker Identification in Prevention, Rehabilitation, and Diagnostics” organized by the University of Cagliari, Cagliari, November 7–8, 2024.
- Speaker and member of the scientific committee at the international symposium “Methodological Approach for Quality of Care and Global Health” organized by the University of Cagliari, Cagliari, September 25–27, 2024.
- Speaker at the national conference “Psychiatry of the Person and Dignity of Care between Hospital and Territory” organized by the Italian Society of Consultation Psychiatry (Special Section of the Italian Society of Psychiatry), Ferrara, September 14–15, 2024.
- Speaker and member of the scientific committee at the national conference “1st Spring Colloquium SAPIS: Research and Innovation in Healthcare, the Contribution of Technical, Rehabilitation, and Prevention Health Professions” organized by the SAPIS Study Center of the Federation of Medical Radiology Technicians and Technical, Rehabilitation, and Prevention Health Professions, Florence, May 9–10, 2024.
- Lecturer and tutor for the intensive training module of the international PhD program “Capacities Building for Global Health” at the University of Cagliari, Monteponi (Iglesias), March 25–29, 2024.
- Speaker at the international congress “14th International Conference on Early Intervention in Mental Health” organized by the International Association for Early Intervention in Psychosis, Lausanne (Switzerland), July 10–12, 2023.
- Poster presentation at the 3rd national meeting “Precision Medicine in the Era of Integrated OMICS” organized by the Italian Society of Translational Research and Health Professions, Favignana, May 18–19, 2023.
- Speaker at the international symposium “Social Inclusion and Mental Health: Users' Role and New Technologies Potential. Sharing Experiences” organized by the University of Cagliari within the Visiting Professor/Scientist 2022 Programme, P.O. San Giovanni di Dio (AOU), Cagliari, May 3, 2023.
- Scientific director and moderator of the training course “The Frontier of the Integrated Approach: Communication and Relationship in Psychiatric and Speech Therapy Rehabilitation” organized by the Commission of the Register of Psychiatric Rehabilitation Technicians and Speech Therapists of the Order of Medical Radiology Technicians and Technical, Rehabilitation, and Prevention Health Professions of Cagliari/Oristano, January 20–21, 2023.
- Speaker at the 7th National Scientific Day of the Italian Association for Prevention and Early Intervention in Mental Health “Digital Bifront, New Technologies and Youth... from Risk Factor to Tool for Early Intervention,” 2022.
- Speaker at the 2nd international meeting of the Italian Society of Translational Research and Health Professions “Translational Research, Biotechnology and Health Care, a Wink to the Future,” 2022.
- Scientific director and moderator of the training course “Is Evidence-Based Psychiatric Rehabilitation Possible? From Theory to Practice” organized by the Commission of the

Register of Psychiatric Rehabilitation Technicians of the Order of Medical Radiology Technicians and Technical, Rehabilitation, and Prevention Health Professions of Cagliari/Oristano, 2022.

- Speaker and scientific director of the international conference “Strengthening Networks on Mental Health in the Mediterranean Area” organized by the Mediterranean Society on Mental Health, 2022.
- Lecturer for the course “Research Methodology and Evaluation in Psychiatric Rehabilitation: A Bridge Between the Culture of Rights and Professional Action, Knowing How to Design and Produce Evidence” organized by the Order of Medical Radiology Technicians and Technical, Rehabilitation, and Prevention Health Professions of Turin-Aosta-Alessandria-Asti, 2022.
- Lecturer for the “Master in Cognitive Remediation and Behavioral Techniques in Psychiatric Rehabilitation Projects from Developmental Age to Adulthood” organized by PRoMIND Mental Health Services of Rome, 2022.
- Speaker at the 2nd National Congress “The Pandemic Experience to Reform the Health System: The Contribution of Health Professions” organized by the Federation of Medical Radiology Technicians and Technical, Rehabilitation, and Prevention Health Professions, Rimini, 2021.
- Lecturer for the training course “Research Methodology” organized by the Italian Association of Psychiatric Rehabilitation Technicians, Lazio section, 2021.
- Lecturer for the training course “Effective Communication and Respect for Human Rights” organized by the Italian Association of Psychiatric Rehabilitation Technicians, Lazio section, 2021.
- Scientific director of the basic course for the use of the “Mental Health Recovery Star,” organized by Il Chiaro del Bosco ONLUS under license from Triangle Consulting Social Enterprise, 2021.
- Scientific director of the course “Integrated Hierarchical and Recovery-Oriented Psychiatric Rehabilitation in Mental Health: From Cognitive Remediation to Real-Life Experience,” organized by the Italian Association of Psychiatric Rehabilitation Technicians, Sardinia section, and the Order TSRM-PSTRP of Cagliari/Oristano and Sassari, 2020.
- Speaker at the conference “Health Professions and Translational Research” of the University of Cagliari, 2018.
- Speaker at the conference “Mental Health and Public Health: The Crisis of Medicine and New Perspectives at the Dawn of the Third Millennium,” University of Cagliari, June 12, 2017.
- Participation in the “2nd National Congress. The New Challenge of Scientific Evidence and Best Practices in Mental Health Rehabilitation Treatments” organized by the Italian Association of Psychiatric Rehabilitation Technicians, Palermo, October 28, 2022.
- Participation in the course “Training on the Cognitive Assessment Interview (CAI),” organized by the Italian Association of Psychiatric Rehabilitation Technicians, Palermo, October 29, 2022.
- Participation in the “Training Course for Members of Order Bodies and FNO TSRM and PSTRP,” organized by the Federation of Medical Radiology Technicians and Technical Health Professions, 2022.
- Participation in the course “Open Dialogue: From Theory to Rehabilitative Practice in Mental Health” organized by the Italian Association of Psychiatric Rehabilitation Technicians, Piedmont/Valle D’Aosta section, 2022.
- Participation in the course “Neuropsychology of Dementias” organized by IGEACPS srl, 2022.
- Participation in the training course “1st National Course for Degree Commissioners in the Covid-19 Era,” organized by the National Federation of Orders TSRM-PSTRP, 2021.

- Participation in the training course “Metacognitive Training for Psychosis (MCT),” organized by PRoMIND, University Medical Center Hamburg, 2020.
- Participation in the World Health Organization online training “Mental Health, Human Rights & Recovery – WHO Quality Rights E-Learning Project,” 2019.
- Participation in the conference “Integrated Psychosocial Treatment for Negative Symptoms of Schizophrenia – Motivation and Engagement Training (MOVE)” organized by CTR Cooperativa Sociale ONLUS, 2019.
- Participation in the training course “Social Skills Training in Psychiatric Rehabilitation” of the Italian Society of Psychosocial Rehabilitation, 2018.
- Participation in the training course “Cannabis, New Psychoactive Substances, Gender, and New Perspectives in Addiction Therapy” organized by the Italian Society of Drug Addiction, 2017.
- Participation in various conferences and training courses related to Mental Health and evidence-based best practices since 2013.
- Member of the Strategic Steering Committee of the SAPIS Study Center Foundation (Studies and Actions for Innovation in Healthcare).
- Member of the scientific committee and member of the Italian Association of Psychiatric Rehabilitation Technicians.
- Board Member and member of the European Mediterranean University Association ONLUS since 2022.
- Member of the Italian Association for Prevention and Early Intervention in Mental Health since 2022.

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## PUBLICATIONS: BOOKS, DOCUMENTS

Perra A., Carta M.G., Primavera D., Leonetti V., Montisci R., Chessa L., Scuteri A., Cossu G., Nardi A.E., Locci A., Valmaggia L., Galetti A., De Lorenzo V., Sancassiani F. *Virtual reality cognitive remediation tool for individuals with mild cognitive impairment: Study protocol for a feasibility randomized clinical trial*. 1st SPRING COLLOQUIUM SAPIS - 2024. Research and Innovation in Health Care. The Contribution of the Technical Health Professional of the Diagnostic, Rehabilitative and of Prevention Areas, Florence, Italy. **Frontiers Abstract Collection (2024)**. DOI: 10.3389/978-2-8325-1246-3

National Commission for the Register of Psychiatric Rehabilitation Technicians and Technical-Scientific Association AITeRP. *Position Paper of the National Federation of the Orders of Radiologic Technicians and of the Technical, Rehabilitation and Prevention Health Professions (FNO TSRM e PSTRP): “The activity of cognitive functioning by the Psychiatric Rehabilitation Technician”* (May 11, 2024). National Federation of the Orders of Radiologic Technicians and of the Technical, Rehabilitation and Prevention Health Professions.

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## PUBLICATIONS: SCIENTIFIC ARTICLES

**Perra, A.**, Carta, M. G., Primavera, D., Cossu, G., Locci, A., Zaccheddu, R., Piludu, F., Galetti, A., Preti, A., De Lorenzo, V., Di Natale, L., Machado, S., Nardi, A. E., & Sancassiani, F. (2025). An Integrated Cognitive Remediation and Recovery-Oriented Program for Individuals with Bipolar Disorder Using a Virtual Reality-Based Intervention: 6- and 12-Month Cognitive Outcomes from a

Randomized Feasibility Trial. *Behavioral sciences (Basel, Switzerland)*, 15(4), 452.  
<https://doi.org/10.3390/bs15040452>

Primavera, D., Kalcev, G., Bert, F., Cantone, E., **Perra, A.**, Tusconi, M., Pinna, S., Orrù, G., Scano, A., Tramontano, E., Barbov, I., Nonnis, M., Nardi, A. E., Cossu, G., Sancassiani, F., & Carta, M. G. (2025). Impact of Pre-lockdown Hyper-energy on Mood and Rhythm Dysregulation in Older Adults During the COVID-19 Pandemic. *Clinical practice and epidemiology in mental health : CP & EMH*, 21, e17450179344148. <https://doi.org/10.2174/0117450179344148250206065104>

Pinna, S., Tusconi, M., Atzeni, M., **Perra, A.**, Leonetti, V., Cossu, G., Primavera, D., Mereu, N. M., Petretto, D. R., Preti, A., Pelosin, E., Eskin, M., Migliaccio, G. M., Carta, M. G., & Sancassiani, F. (2025). Development and Preliminary Validation of a Questionnaire to Assess Perceptions on the Implementation of UN CRPD Principles Concerning Social Inclusion and Participation of Persons with Disabilities in Municipalities. *Clinical practice and epidemiology in mental health : CP & EMH*, 21, e17450179360265. <https://doi.org/10.2174/0117450179360265250113081501>

**Perra, A.**, Primavera, D., Leonetti, V., Montisci, R., Carta, D., Lorrai, G., ... Carta, M. G. (2024). Virtual reality cognitive remediation tool for individuals with mild cognitive impairment: study protocol for a feasibility randomized clinical trial. *Frontiers in Public Health*, 12.  
doi:10.3389/fpubh.2024.1477279

Melis, P., **Perra, A.**, Nardi, A. E., Zreik, T., Preti, A., & Carta, M. G. (2025). The quality of information on anxiety-related websites: A systematic search about the most online item searched after Covid-19 pandemics. *Journal of Psychiatric Research*, 181, 144–150.  
doi:10.1016/j.jpsychires.2024.11.049

Sancassiani, Federica, **Perra, A.**, Galetti, A., Di Natale, L., De Lorenzo, V., Lorrai, S., ... Primavera, D. (2024). Alexithymia and bipolar disorder: Virtual reality could be a useful tool for the treatment and prevention of these conditions in people with a physical comorbidity. *Journal of Clinical Medicine*, 13(20). doi:10.3390/jcm13206206

Primavera, D., Migliaccio, G. M., **Perra, A.**, Kalcev, G., Cantone, E., Cossu, G., ... & Carta, M. G. (2024). Can Virtual Reality Cognitive Remediation in Bipolar Disorder Enhance Specific Skills in Young Adults through Mirror Neuron Activity?—A Secondary Analysis of a Randomized Controlled Trial. *Applied Sciences*, 14(18), 8142

Primavera, D., Aviles Gonzalez, C., **Perra, A.**, Kalcev, G., Cantone, E., Cossu, G., Holzinger, A., Carta, M. G., & Sancassiani, F. (2024). Virtual Reality Cognitive Remediation in Older Adults with Bipolar Disorder: The Effects on Cognitive Performance and Depression in a Feasibility Randomized Controlled Trial. *Healthcare (Basel, Switzerland)*, 12(17), 1753.  
<https://doi.org/10.3390/healthcare12171753>

Primavera, D., Bert, F., Romano, F., La Torre, G., Gonzalez, C. I. A., **Perra, A.**, ... & Carta, M. G. (2024). Cognitive Impairment and Risk of Depressive Episodes from a Bipolar Spectrum Perspective: A Case-Control Study in Older Adults during the COVID-19 Lockdown. *Psychiatry International*, 5(3), 482-491

Congiu, P., Carta, M. G., **Perra, A.**, Cantone, E., Lorrai, S., Pintus, E., Tusconi, M., Cossu, G., Redolfi, S., & Sancassiani, F. (2024). Prevalence and Risk by Age and Sex of Sleep Dysregulation and Depressive Episodes in Bipolar and Depressive Disorders in a Community Survey in Sardinia, Italy. *Journal of clinical medicine*, 13(16), 4870. <https://doi.org/10.3390/jcm13164870>

Carta, M. G., Kurotschka, P. K., Machado, S., Erfurth, A., Sancassiani, F., **Perra, A.**, Tusconi, M., Cossu, G., Aviles Gonzalez, C. I., & Primavera, D. (2024). A Virtual Reality Cognitive Stimulation Program as an Effective Tool Against Residual/Prodromal Depressive Symptoms in Bipolar Disorders. *Journal of clinical medicine*, 13(16), 4714. <https://doi.org/10.3390/jcm13164714>

Primavera, D., Urban, A., Cantone, E., Nonnis, M., Aviles Gonzalez, C. I., **Perra, A.**, Tusconi, M., & Sancassiani, F. (2024). The Impact on Anxiety Symptoms of an Immersive Virtual Reality Remediation Program in Bipolar Disorders: A Randomized Clinical Trial. *Journal of clinical medicine*, 13(14), 4203. <https://doi.org/10.3390/jcm13144203>

Primavera, D., Migliaccio, G. M., Garau, V., Orrù, G., Scano, A., **Perra, A.**, Pinna, S., Tusconi, M., Carta, M. G., & Sancassiani, F. (2024). Improving Quality of Life in Bipolar Disorders with an Immersive Virtual Reality Remediation Training Randomized Controlled Trial (RCT). *Journal of clinical medicine*, 13(13), 3886. <https://doi.org/10.3390/jcm13133886>

Sancassiani, F., **Perra, A.**, Kurotschka, P. K., Kalcev, G., Galetti, A., Zaccheddu, R., Locci, A., Piludu, F., Di Natale, L., De Lorenzo, V., Fornaro, M., Nardi, A. E., & Primavera, D. (2024). Improving Social and Personal Rhythm Dysregulation in Young and Old Adults with Bipolar Disorder: Post-Hoc Analysis of a Feasibility Randomized Controlled Trial Using Virtual Reality-Based Intervention. *Journal of clinical medicine*, 13(13), 3786. <https://doi.org/10.3390/jcm13133786>

Sancassiani, F., Cossu, G., Cantone, E., Romano, F., **Perra, A.**, Urban, A., Pinna, S., Del Giacco, S., Littera, R., Firinu, D., Chessa, L., Tramontano, E., Nardi, A. E., & Carta, M. G. (2024). The Stability of Social and Behavioral Rhythms and Unexpected Low Rate of Relevant Depressive Symptoms in Old Adults during the COVID-19 Pandemic. *Journal of clinical medicine*, 13(7), 2005. <https://doi.org/10.3390/jcm13072005>

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