

Short Curriculum Vitae – Federica Sancassiani

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Associate Professor, Department of Medical Sciences and Public Health, University of Cagliari

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PROFILE

Federica Sancassiani is a Health Psychologist and Psychotherapist. She holds a PhD in Biomedical, Nutritional and Metabolic Sciences, she is an Associate Professor in Health Professions for Technical, Diagnostic, Assistive, and Preventive Sciences (Italian Scientific Disciplinary Sector MEDS-26/B) at the Department of Medical Sciences and Public Health, University of Cagliari, Italy. Her academic and research activities focus on prevention—including through physical activity and new technologies—psychosomatic medicine, organizational health, service quality and the promotion of human rights in mental health, healthcare counseling, and health promotion.

PUBLICATIONS AND BIBLIOGRAPHIC PERFORMANCE

(SCOPUS: <https://www.scopus.com/authid/detail.uri?authorId=55191373200>)

Updated: January 2025

Number of publications: 93

Total citations: 1,512

h-Index: 21

RESEARCH INTERESTS AND EXPERTISE

- Health promotion and disease prevention
- Emerging technologies in the biomedical field
- Psychosomatic medicine
- Counseling in healthcare settings
- Organizational health
- Quality of services and promotion of human rights in mental health

WORK EXPERIENCE

- *Oct 2024 – present*: Associate Professor in Health Professions for Technical, Diagnostic, Assistive, and Preventive Sciences (Italian Scientific Disciplinary Sector MEDS-26/B), Department of Medical Sciences and Public Health, University of Cagliari, Italy
- *Feb 2023 – present*: Health Psychologist and Psychotherapist (under agreement for clinical activities), Program on “Interdisciplinary care with specific focus on psychosomatic and psychopathological components, rehabilitation pathways and social reintegration of patients, psychiatric consultations, and outpatient services within the Department of Medicine”, University Hospital of Cagliari (AOU Cagliari), Italy
- *Oct 2021 – Sept 2024*: Fixed-term Researcher (Type B) in Health Professions and Applied Medical Technologies (Scientific Disciplinary Sector MED/50), Department of Medical Sciences and Public Health, University of Cagliari, Italy
- *Oct 2020 – Sept 2021*: Fixed-term Researcher (Type A) in Nursing Sciences and Neuropsychiatric and Rehabilitation Techniques (Scientific Disciplinary Sector MED/48), Department of Medical Sciences and Public Health, University of Cagliari, Italy
- *Jul 2018 – Oct 2020*: Head of the University Psychological Counseling Service (technical-administrative staff, level D1), University of Cagliari, Italy
- *Jun 2009 – Jul 2018*: Freelance Psychologist and Psychotherapist
- *Sept 2017 – Apr 2018*: Research Fellow at the Department of Medical and Surgical Specialties, Radiological Sciences and Public Health, University of Brescia, Italy – project: “*Impact of environmental exposure to neurotoxins on cognitive and behavioral neurodevelopment in the Taranto area*”
- *Jun 2010 – Sept 2017*: Contract Researcher, Research Fellow, and PhD Candidate at the Department of Medical Sciences and Public Health, University of Cagliari, Italy – involved in national and international research projects (fields: prevention, psychosocial rehabilitation, psychosomatic medicine, organizational health, health promotion, and human rights in mental health)
- *Jun 2010 – Sept 2017*: Psychologist and Psychotherapist at the Consultation-Liaison Psychiatry and Psychosomatic Medicine Unit, University Hospital of Cagliari, Italy

TEACHING

- *Oct 2020 – present*: As Fixed-term Researcher (Type A and B) and currently Associate Professor, lecturer for the following courses within various Bachelor’s Degree Programs in the Health Professions (Professional Education, Psychiatric Rehabilitation Techniques, Health Assistance, Environmental and Workplace Prevention Techniques), Faculty of Medicine and Surgery, University of Cagliari, Italy:
 - *Rehabilitation in Adolescents* (MED/48)
 - *Health Assistance Techniques – Counseling in Healthcare Settings* (MED/50)

- *Public Health Laboratory – Epidemiology and Health Promotion (Life Skills Development)* (MED/50)
 - *Public Health Laboratory – Community Action (Participatory Planning)* (MED/50)
 - *Disability Diagnostics and Rehabilitation* (MED/48)
 - *Applied Medical Techniques for the Treatment of Neuropsychiatric Disorders* (MED/50)
 - *Counseling in Healthcare Settings* (MED/50)
 - *Human Resource Management* (MED/50)
 - *Emerging Biomedical Technologies and Telemedicine* (MED/50)
- *Jul 2010 – Oct 2020*: As Adjunct Professor, taught the following courses in various Bachelor’s and Master’s Degree Programs in the Health Professions, Faculty of Medicine and Surgery, University of Cagliari, Italy:
 - *Psychobiology* (M-PSI/02): Academic Year 2010–2011
 - *Psychiatric Rehabilitation Sciences* (MED/48): Academic Years 2011–2012 and 2012–2013
 - *Psychopathology* (MED/25): Academic Year 2012–2013
 - *Psychoeducation in Bipolar Disorders* (MED/48): Academic Year 2013–2014
 - *Psychoeducation in Psychiatric Disorders* (MED/48): Academic Year 2014–2015
 - *Relational Techniques in Personnel Management* (M-PSI/01): Academic Years 2016–2017 and 2017–2018
 - *Rehabilitation in Adolescents* (MED/48): Academic Years 2017–2018 and 2019–2020
 - *Psychoeducational Methods for Professional Education* (MED/48): Academic Year 2018–2019
 - *Applied Medical Sciences and Techniques* (MED/50): Academic Year 2019–2020
 - *Academic Year 2024–2025*: Member of the Joint Committee of Faculty and Students (CPDS), Faculty of Medicine and Surgery, University of Cagliari, Italy.
 - *Academic Year 2023–2024*: Member of the Board and Quality Officer for the Inter-university PhD Program “Capacity Building for Global Health,” University of Cagliari, University of Ferrara, University of Palermo, University of Salerno, Italy, Director: Prof. M.G. Carta.
 - *Academic Year 2023–2024*: Delivered the following modules in the interregional First-Level Master’s Program “Health Promotion, Community Development, and Operational Networks: Planning, Management, and Evaluation of Integrated Health Promotion and Salutogenesis Actions,” University of Cagliari / University of Perugia, Italy:
 - Participatory Processes and Health Promotion
 - Mental Health Promotion from a “Global Health” Perspective
 - *Academic Years 2010–2011, 2011–2012*: Delivered the following modules in the International Second-Level Master’s Program “Mental Health in Primary Care,” Faculty of Medicine and Surgery, University of Cagliari, Italy:
 - Active Ageing
 - Stress-Related Disorders and Work-Related Stress
 - Anxiety Disorders
 - Mood Disorders
 - Community Psychiatry
 - *Since the 2010–2011 Academic Year*: Supervised numerous students from Health Professions programs and Master’s degrees at the Faculty of Medicine and Surgery, University of Cagliari, Italy, providing guidance in both teaching and practical training activities, including internships, laboratory work, and thesis writing for Bachelor’s, Master’s degrees.

EDUCATION AND QUALIFICATIONS

- *Jul 2003*: Degree in Psychology, University “La Sapienza,” Rome, Italy
- *Feb 2009*: Specialist in Health Psychology and Psychotherapy, University “La Sapienza,” Rome, Italy
- *Jun 2009 – present*: Registered with the Professional Psychologists’ Register of Lazio, Italy, N. 13430 (registered on 21/11/2005); annotation as Psychotherapist on 14/09/2009
- *Apr 2017*: Ph.D. in Biomedical, Nutritional, and Metabolic Sciences, University of Cagliari, Italy
- *Mar 2017*: Summer School in “Human Rights in Mental Health,” World Health Organization; University of Cagliari, Italy
- *Sept – Dec 2015*: International Internship (GlobusDOC Grant, University of Cagliari), Psychiatry Institute, Federal University of Rio de Janeiro, Rio de Janeiro, Brazil
- *Dec 2016 – Mar 2017*: International Internship (GlobusDOC Grant, University of Cagliari), Psychiatry Institute, Federal University of Rio de Janeiro, Rio de Janeiro, Brazil
- *Nov 2019*: Specialization in Analytical Psychodrama, SIPsA - COIRAG, Via Monterone 2 – 00186, Rome, Italy

According to Legislative Decree No. 196 of June 30, 2003, and Article 13 of GDPR 679/16, I authorize the processing of my personal data.