

PERSONAL INFORMATION

Giulia Cossu
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Researcher
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WORK EXPERIENCE

Researcher, main research activities (N articles: 76; N citations: 923; h-Index: 17-Scopus)

- 2015-2024 - Engaged as investigator and collaborator in projects that promote and deepens the study of active aging, chronic diseases, psychosocial vulnerability, human rights, psychosomatics and the use of new technologies in the biomedical field in prevention and rehabilitation promoted by the Department of Medical Sciences and Public Health together with other universities e European sports associations
- 17/12/2023 -obtained the National Scientific Qualification for the position of Associate Professor in the academic field 06/N1 - Health Professions and Applied Medical Technologies.
- March 8, 2023 – present - Engaged in the healthcare activities of the University Hospital of Cagliari (Azienda Ospedaliero Universitaria di Cagliari) under resolution no. 235, within the complex care program *"Interdisciplinary Integration Program for Care with Particular Attention to Psychosomatic and Psychopathological Components, Rehabilitation and Social Reintegration Pathways for Patients, Psychiatric Consultations, and Outpatient Activities in the Department of Medicine."* Additionally, responsible for preventive and rehabilitative roles in stress management for AOU personnel
- 2016 - 2021, Coordinator of the psycho-pedagogical and psychosocial area at: *Tre Fontane Social Cooperative* (2016-2019), services for asylum seekers; *Arcoiris Onlus* (2019-2021), prevention and social inclusion project for vulnerable populations; 2021 at the *Psychosocial Prevention Clinical Center for Migrants – ANAM*
- Associate Editor of *The Journal of Public Health Research*, peer-reviewed journal in the field of public health science-SJR 2020 0.58 / Q2, ISSN 22799028, 22799036
- Since 2013, author and co-author of several scientific articles and reviewer in international peer-reviewed journals and reviewed in the main data banks (eg: Pubmed, Google Scholar, Scimago, Web of Sciences).
- Participation in various scientific and organizing committees of national conferences on mental health, co-author of two books: *Oxford Textbook of Public Mental Health 2019* and *Principles of Specialty Nursing: European Psychiatric / Mental Health Nursing in the 21st Century*, 2016.
Winner of best conference presentation at *Translational Research, Biotechnology and Health care: a wink to the future; 2nd National Meeting S.I.R.T.E.P.S, University of Aquila*, title: *Active elderly and health, bio-psycho-social approach and new rehabilitation technologies (03/11/2022)*
- Winner of the international award: *Psychiatry category winner in 2019 on BMA, Medical book of the year award*, with *Oxford Textbook of Public Mental Health*. Oxford University Press, Chapter 33, *Treatment of Mental Health Problems in refugees and asylum seekers*, Cossu G, Preti A, MG Carta
- Winner of the the poster session at the international meeting *Translational Medicine in Biomarker Identification in Prevention, Rehabilitation, and Diagnostics* (November 7-8, 2024, Cagliari) for the poster titled: *"Lifetime Hyperactivity and Coping with Crisis: Results of the Tunisian COVID-19 Community Surveys,"* presented in the category *Public Health and Community Prevention – Centenary Award Giulio Alfredo Maccacaro*

(Dic 2021-
Dic 2024)

Researcher RTDa

Department of Medical Sciences and Public Health, University of Cagliari, Italy

- Researcher RTDa 06 / N1 MED / 48, Neuro-psychiatric and rehabilitation techniques

Teaching activities within the RTDA contract, University of Cagliari (academic year 2021-2024):

- Bachelor's Degree in Professional Education, CI. Special Rehabilitation Across the Lifespan: Psychiatric Rehabilitation in Childhood and Adolescence, 16 hours (MED 48)
- Bachelor's Degree in Professional Education, CI. Special Rehabilitation Across the Lifespan: Psychiatric Rehabilitation in Adolescence, 24 hours (MED 48)
- Bachelor's Degree in Professional Education, CI. Special Rehabilitation for Addiction and Alcoholism, Basic Concepts on Addictions and Eating Disorders, 16 hours (MED 48)
- Bachelor's Degree in Health Assistance, CI Neurosciences, Psychiatric Rehabilitation, 8 hours

- Master's Degree/SNT2 and Master's Degree/SNT4, CI Health Organization, Rehabilitation Strategies, 12 hours (MED 48)
- Master's Degree/SNT2, CI Continuing Education and Quality Improvement, New Perspectives and National and International Guidelines on Disability, 6 hours (MED 50)
- Specialization School in Health Psychology, Technologies for the Development of Well-being, 8 hours

Responsible for:

- Integrated Course in Rehabilitation Across the Lifespan in the Bachelor's Degree in Professional Education
- Integrated Course in Health Organization in the Master's Degree Courses in Rehabilitation Sciences for Health Professions (SNT2) and Master's Degree Courses in Health Professions for Prevention (SNT4)
- Integrated Course in Continuing Education and Quality Improvement in the Master's Degree Courses in Rehabilitation Sciences for Health Professions (SNT2)

(Jan 2015 –
Nov 2021)

Researcher fellow

University of Cagliari

- Self-employment assignment: Data Steward of the IFAIR project Enhancement of independent clinical research and FAIR "Active Aging": responsible for the procedures for the daily operational and administrative management of systems and data, including the assumption, archiving, processing and transmission of data to internal and external systems (21/01/2021-30/11/2021)
- Self-employment assignment (11/2020, selection 7) for research data support, quality checks on data entry, statistical analysis and support for the drafting of reports (25/06/2020-25/09/2020)
- Self-employment assignment as part of the Active elderly research project, Active seniority in health (No. 21/2018) (04/10/2018-04/10/2019)
- Self-employment assignment as part of the CCM 2013 research project: The empowerment of health professionals and citizens through a reorientation program of health services towards health promotion and prevention (25/04/2016-25/08/2016)
- Self-employment assignment in Evaluation of a sail therapy rehabilitation intervention for people with mental disabilities. Financing call for sport therapy 2014 RAS

(July 2015-
to Nov 2021)

Teaching fellow

University of Cagliari

- Teaching in Special rehabilitation in the life cycle (mc / 0504), Rehabilitation in infancy and childhood, Enabling the health profession of Professional Educator, 24 h (MED-48)
- Teaching in Professional Education (Enabling the health profession of professional educator) [40/56] (L. D.M. 270/2004)
- Teaching and tutoring assignment to assist in practical and specialist activities Master's Degree (40 h, protocol 8899) in the Rehabilitation Professions Class (MED-48-50)
- Teaching in Psychiatric rehabilitation techniques, Psychiatric rehabilitation in the territory 2, h 32 (prot. N. 64226 of 11/21/2016, Scientific Disciplinary Sector MED / 48)
- Teaching and tutoring in supporting the practical and specialized activities of the Master's Degree (40 h, protocol 8899) in the Rehabilitation Professions Class (MED-48-50)
- Didactic tutoring in Psychiatry for medical students (40 h, Protocol 12719-SS-MED 25)

EDUCATION AND TRAINING

April 2017	PhD degree in Biomedical nutritional and metabolic sciences (Full marks) University of Cagliari, Italy (XXIX cycle)
June 2022	Specialization in Constructivist Cognitive Psychotherapy (30/30 with honors) Registered among the psychotherapy institutes authorized (D.M. 11 December 1998, n. 509) Recognized by Education, University and Research. ATC - Cognitive Therapy Association with registered office in Via Antonio Serra, 28 - 00191 Rome, VAT numl 07498091003, Italy
June 2014	Second level Master's Training Cycle for Trainers XXII, (Quality of services and organizational well-being) held by Professor Avallone Vice Rector of the Sapienza University (Rome) at TIVA S.r.l. VAT number IT01514 registered office in Rome via Montebruno n. 12, Italy
Dic 2012	Degree in Occupational Psychology (with grade: 108/110) University of Cagliari, Italy

- Invited Speaker at:

Invited Chair of the session *"Stress, Rhythms Dysregulation, and Bipolar Spectrum: Virtual Reality-Based Interventions to Improve Related Conditions"* at the International Webinar organized by the *Journal of Clinical Medicine*; MDPI, Basel, Switzerland. November 20, 2024

Participation as a member of the Scientific Board and the Organizing Committee at the International Meeting of the Mediterranean Society of Translational Psychosomatics, held at the European University of the Mediterranean, titled *"Translational Medicine in Biomarker Identification in Prevention, Rehabilitation, and Diagnostics."* November 7-8, 2024

Invited speaker at the International Symposium *Methodological Approach for Quality of Care and Global Health*, PhD Program *"Capacities Building for Global Health"* (University of Cagliari, University of Ferrara, University of Salerno, University of Palermo), directed by Prof. Mauro Carta. Presentation title: *"A New Methodological Approach in Diagnosis, Treatment, and Quality of Care of Bipolar Disorder Through the Analysis of Dysregulation of Mood, Energy, and Social Rhythms Syndrome."* September 25, 2024

Participation as a member of the Scientific Board at the International Symposium on Prevention and Human Rights Respect in Psychosocial Disabilities, University of Cagliari. July 19, 2024.

Invited speaker at the 1st Congress of the Order of Physiotherapists of Salerno (OFI Salerno). Presentation title: *"The Effectiveness of Biofeedback in the Treatment of Fibromyalgia Syndrome."* December 2, 2023.

Presentation of a poster at the conference *"Precision Medicine in the Era of Integrated Omics"*, Favignana, Ex Stabilimento Florio delle Tonnare di Favignana e Formica. Poster title: *"Heart Rate Variability Biofeedback Training Improves Sleep Quality in Fibromyalgia Syndrome: A Randomized Controlled Trial"*. May 18-19, 2023

Invited speaker at the international symposium on Social inclusion and mental health: users role and new technologies potential. Sharing Experiences, University of Cagliari, Department of Medical Sciences and Public Health, Cagliari, Italy, May 3, 2023

Poster presentation at the conference *"PRECISION MEDICINE IN THE ERA OF INTEGRATED OMICS"*, Ex Stabilimento Florio delle Tonnare di Favignana e Formica, Favignana, Italy, May 18-19.2023

Invited speaker at the IV international congress of research and education for peace, in democracy and values, Universidad Popular del Cesar, Valedupar, Colombia, November 17.2022

Invited speaker at the XII edition of the mental health event, Recovery Project, Emilia Romagna Regional Health Service, Parma Local Health Unit, Integrated Care Department for Mental Health and Pathological Addictions, AUSL Parma, Italy, December 13.2022

Invited speaker at the conference *"TRANSLATIONAL RESEARCH, BIOTECHNOLOGY AND HEALTH CARE: A WINK TO THE FUTURE"*; 2nd National Meeting S.I.R.T.E.P.S. Società Italiana Ricerca Traslazionale e Professioni Sanitarie, Università degli Studi dell'Aquila, Italy, November 3.2022

Invited speaker at the international webinar *"Strengthening networks on Mental Health in the Mediterranean area"*, Mediterranean society on mental health, Italy, April 22-23.2022

Invited speaker at the congress *"Tecnologia Sport Salute, Nuovi orizzonti per le scienze dello sport e dell'esercizio fisico"*, Sardegna Ricerche and University of Cagliari, Parco Scientifico e Tecnologico di Sardegna Ricerche, località Piscina Manna, Pula, Italy, May 6.2022

Invited speaker at the II Regional Congress of ADI SIO Sardegna, Associazione Italiana di Dietetica e Nutrizione clinica (ADI) and Società Italiana dell'Obesità (SIO), Cagliari, Italy, May 21.2022

Invited speaker at the congress "Emporio dei pensieri: Clinica della paura", Associazione di Terapia Cognitiva, Cagliari, Italy, October 31. 2021

Invited speaker at the 48th National Congress of the Italian Society of Psychiatry, "Mental health in the Third Millennium: Goal of Healing: Research, Innovation, Changes and Limits", Lingotto Congress Center, Turin, Italy, October 17. 2018

Member of the organizing committee of the conference "Meeting young researchers, healthcare professionals and translational research", Centro di Psichiatria di Consultazione e Psicosomatica, Azienda Ospedaliero Universitaria di Cagliari, Monserrato, CA, Italy, March 23. 2018

Invited speaker at the international conference "Mental health and public health: the crisis of medicine and the new perspectives at the dawn of the III millennium", dedicated to Nereide Rudas, Centro di Psichiatria e di Consultazione Psicosomatica, University Hospital of Cagliari, Monserrato, CA, Italy, June 12. 2017

Member of the organizing committee of the international conference "Implementing WHO QualityRights project in the Mediterranean Area", Centro di Psichiatria e di Consultazione Psicosomatica and World Health Organization, Monserrato, CA, Italy, November 19. 2015

Poster presentation at the III Symposium of the Mediterranean Society of Mental Health, "Promoting organizational health to improve the quality of mental health services: an intervention in the Lanusei Mental Health Department", University of Cagliari, Monserrato, CA, Italy, May 9-10. 2013

- **PUBLICATIONS**

-Aviles Gonzalez CI, Galletta M, Sancassiani F, Cossu G, Trudu D, Urban A, Cantone E, Luchetta R, Nonnis M, Fragoso-Castilla P, Guerra Muñoz ME, Machado S, Nardi AE, Carta MG, Madeddu C. Healthcare students are faced with the issue of the rights of people with disabilities and the quality of services: Are we training future healthcare workers who overemphasize technology? *J Public Health Res.* 2024 Oct 28;13(4):22799036241290262. doi: 10.1177/22799036241290262. PMID: 39493703; PMCID: PMC11528569.

-Primavera D, Migliaccio GM, Perra A, Kalcev G, Cantone E, Cossu G, Nardi AE, Fortin D, Carta MG. 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.* 2024; 14(18):8142. <https://doi.org/10.3390/app14188142>

-Primavera D, Aviles Gonzalez C, Perra A, Kalcev G, Cantone E, Cossu G, Holzinger A, Carta MG, Sancassiani F. 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).* 2024 Sep 3;12(17):1753. doi: 10.3390/healthcare12171753. PMID: 39273777;

-Bevione F, Panero M, Abbate-Daga G, Cossu G, Carta MG, Preti A. Risk of suicide and suicidal behavior in refugees. A meta-review of current systematic reviews and meta-analyses. *J Psychiatr Res.* 2024 Sep;177:287-298. doi: 10.1016/j.jpsychires.2024.07.024.

-Congiu P, Carta MG, Perra A, Cantone E, Lorrain S, Pintus E, Tusconi M, Cossu G, Redolfi S, Sancassiani F. 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. *J Clin Med.* 2024 Aug 18;13(16):4870. doi: 10.3390/jcm13164870. PMID: 39201012; PMCID: PMC11355541.

-Carta MG, Kurotschka PK, Machado S, Erfurth A, Sancassiani F, Perra A, Tusconi M, Cossu G, Aviles Gonzalez CI, Primavera D. A Virtual Reality Cognitive Stimulation Program as an Effective Tool Against Residual/Prodromal Depressive Symptoms in Bipolar Disorders. *J Clin Med.* 2024 Aug 11;13(16):4714. doi: 10.3390/jcm13164714. PMID: 39200856; PMCID: PMC11355462.

-Cossu G, Kalcev G, Sancassiani F, Primavera D, Gyppaz D, Zreik T, Carta MG. The long-term adherence following the end of Community Treatment Order: A systematic review. *Acta Psychiatr Scand.* 2024 Aug;150(2):78-90. doi: 10.1111/acps.13709

-Carta MG, Cossu G, Primavera D, Aviles Gonzalez CI, Testa G, Stocchino S, Finco G, Littera MT, Deidda MC, Lorrain S, Madeddu C, Nardi AE,

Sancassiani F. Heart Rate Variability Biofeedback Efficacy on Fatigue and Energy Levels in Fibromyalgia: A Secondary Analysis of RCT NCT0412183. *J Clin Med.* 2024 Jul 9;13(14):4008.

-Perra A, Sancassiani F, Cantone E, Pintus E, D'Oca S, Casula A, Littaru S, Zucca S, Tumillo D, Pinna I, Primavera D, Cossu G, Nardi AE, Kalcev G, Carta MG. An e-Health Psychoeducation Program for Managing the Mental Health of People with Bipolar Disorder during the COVID-19 Pandemic: A Randomized Controlled Study. *J Clin Med.* 2024 Jun 14;13(12):3468. doi: 10.3390/jcm13123468

-Carta MG, Testa G, Stocchino S, Finco G, Sancassiani F, Littera MT, Deidda MC, Ventriglio A, Bhugra D, Cossu G. The efficacy of heart rate variability biofeedback training on sleep disorders and impact of fibromyalgia: Results of a phase II randomized controlled trial. *J Psychosom Res.* 2024 Jun;181:111664. doi: 10.1016/j.jpsychores.2024.111664. Epub 2024 Apr 6. PMID: 38652978.

-Carta MG, Karam EG, Cossu G. Stress, Dysregulation of Rhythms, and Bipolar Disorder: A Challenging Field of Research. *J Clin Med.* 2024 May 20;13(10):3014. doi: 10.3390/jcm13103014. PMID: 38792554; PMCID: PMC11122454.

-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 AE, Carta MG. The Stability of Social and Behavioral Rhythms and Unexpected Low Rate of Relevant Depressive Symptoms in Old Adults during the COVID-19 Pandemic. *J Clin Med.* 2024 Mar 29;13(7):2005. doi: 10.3390/jcm13072005. PMID: 38610769; PMCID: PMC11012795.

-Aviles Gonzalez CI, Cerchiaro Fernandez DM, Guerra Munoz ME, Romero Ramirez R, Abarca Arias YM, Brascesco MV, Migliaccio GM, Romano F, Cossu G, Primavera D, Carta MG. Mental Health Professionals' Perception of Respect for Human Rights and Organizational Well-Being in Three Countries of South America. *Int J Environ Res Public Health.* 2024 Feb 12;21(2):214. doi: 10.3390/ijerph21020214. PMID: 38397703; PMCID: PMC10888642.

-Primavera D, Fomaro M, Carrà G, Romano F, Aviles Gonzales CI, Preti A, Sancassiani F, Cossu G, Nardi AE, Scano A, Orrù G, Chessa E, Floris A, Piga M, Cauli A, Carta MG. Mood Disorder Questionnaire Positivity in Systemic Lupus Erythematosus and Other Chronic Diseases including Screen Bipolar Disorders or Rhythm and Energy Dysregulation Syndromes (DYMERS). *Clin Pract Epidemiol Ment Health.* 2024 Aug 8;20:e17450179303653. doi: 10.2174/0117450179303653240705051227. Erratum in: *Clin Pract Epidemiol Ment Health.* 2024 Sep 04;20:e17450172409021. doi: 10.2174/0117450179303653240702409021. PMID: 39135945; PMCID: PMC11318155.

-Primavera D, Cossu G, Marchegiani S, Preti A, Nardi AE. Does the Dysregulation of Social Rhythms Syndrome (DYMERS) be Considered an Essential Component of Panic Disorders? *Clin Pract Epidemiol Ment Health.* 2024 Apr 19;20:e17450179293272. doi: 10.2174/0117450179293272240328053722. PMID: 38774791; PMCID: PMC11107449.

-Primavera D, Carta MG, Romano F, Sancassiani F, Chessa E, Floris A, Cossu G, Nardi AE, Piga M, Cauli A. Quality of Life in Systemic Lupus Erythematosus and Other Chronic Diseases: Highlighting the Amplified Impact of Depressive Episodes. *Healthcare.* 2024; 12(2):233. <https://doi.org/10.3390/healthcare12020233>

-Primavera D, Aviles Gonzalez CI, Romano F, Kalcev G, Pinna S, Minerba L, Scano A, Orrù G, Cossu G. Does the Response to a Stressful Condition in Older Adults with Life Rhythm Dysregulations Provide Evidence of the Existence of the "Dysregulation of Mood, Energy, and Social Rhythms Syndrome"? *Healthcare (Basel).* 2023 Dec 29;12(1):87. doi: 10.3390/healthcare12010087. PMID: 38200993; PMCID: PMC10778618.

-Giovanni Carta M, Kalcev G, Scano A, Aviles Gonzalez CI, Ouali U, Pinna S, Carrà G, Romano F, Preti A, Orrù G, Minerba L, Cossu G, Nardi AE, Primavera D. The impact of MDQ positivity on quality of life impairment: Does it support the hypothesis of "Dysregulation of Mood, Energy, and Social Rhythms Syndrome" (DYMERS)? *J Public Health Res.* 2023 Nov 3;12(4):22799036231208356. doi: 10.1177/22799036231208356. PMID: 37927350; PMCID: PMC10625312.

-Perra A, Galetti A, Zaccheddu R, Locci A, Piludu F, Preti A, Primavera D, Di Natale L, Nardi AE, Kurotshka PK, Cossu G, Sancassiani F, Stella G, De Lorenzo V, Zreik T, Carta MG. A Recovery-Oriented Program for People with Bipolar Disorder through Virtual Reality-Based Cognitive Remediation: Results of a Feasibility Randomized Clinical Trial. *J Clin Med.* 2023 Mar 9;12(6):2142. doi: 10.3390/jcm12062142. PMID: 36983145; PMCID: PMC10056011.

-Carta MG, Orrù G, Littera R, Firinu D, Chessa L, Cossu G, Primavera D, Del Giacco S, Tramontano E, Manocchio N, Buonomo C, Scano A. Comparing the responses of countries and National Health Systems to the COVID-19 pandemic: a critical analysis with a case-report series. *Eur Rev Med Pharmacol Sci.* 2023 Aug;27(16):7868-7880. doi: 10.26355/eurrev_202308_33442

-Carta MG, Nardi AE, Pinna S, Cossu G, Gureje O. Multidisciplinary contributions towards an evolutive interpretation of bipolar disorders: Could it be the pathological drift of a potentially adaptive condition? *Braz J Psychiatry.* 2023 Jun 12;45(4):366-72. doi: 10.47626/1516-4446-2023-3154. Epub ahead of print. PMID: 37307284; PMCID: PMC10668319.

-Scano A, Kalcev G, Piras M, Fais S, Cossu G, Gonzalez CIA, Carta MG, Orrù G. Usefulness of salivary sampling for the molecular detection of a genetic

variant associated with bipolar disorders. *J Public Health Res.* 2023 Mar 23;12(1):22799036221146915. doi: 10.1177/22799036221146915. PMID: 36967730; PMCID: PMC10037733.

-Scano A, Cossu G, Kalcev G, Pintus E, Pau M, Penna M, Atzori L, Orrù G, Romano F, Aviles Gonzalez C, Carta M. Inflammatory Indices during and after a Randomized Controlled Trial on Exercise in Old Adults: Could Moderate-intensity Exercise be Safe Enough? (*Active Elderly and Health – Clinicaltrials.Gov*, NCT03858114). *Open Sports Sci J.* 2023; 16: e1875399X2301090. <http://dx.doi.org/10.2174/1875399X-v16-e230111-2022-19>

-Kalcev G, Scano A, Orrù G, Primavera D, Cossu G, Nardi AE, Carta MG. Is a Genetic Variant associated with Bipolar Disorder Frequent in People without Bipolar Disorder but with Characteristics of Hyperactivity and Novelty Seeking? *Clin Pract Epidemiol Ment Health.* 2023 May 15;19:e174501792303280. doi: 10.2174/17450179-v19-e230419-2022-53. PMID: 37916199; PMCID: PMC10351339.

-Carta, M. G., Pintus, E., Zaccheddu, R., Callia, O., Conti, G., Aviles Gonzalez, C. I., ... & Cossu, G. (2022). Social and Behavioral Rhythms is Related to the Perception of Quality of Life in Old Adults. *The Open Psychology Journal*, 15(1). doi: 10.2174/18743501-v15-e220927-2021-111

-Carta MG, Kalcev G, Scano A, Primavera D, Orrù G, Gureye O, Cossu G, Nardi AE. Is Bipolar Disorder the Consequence of a Genetic Weakness or Not Having Correctly Used a Potential Adaptive Condition? *Brain Sci.* 2022 Dec 22;13(1):16. doi: 10.3390/brainsci13010016. PMID: 36671999; PMCID: PMC9856125.

-Kalcev G, Cossu G, Preti A, Littera MT, Frau S, Primavera D, Zaccheddu R, Matza V, Ermellino M, Pintus E, Carta MG. Development and Validation of the Questionnaire for Adaptive Hyperactivity and Goal Achievement (AHGA). *Clin Pract Epidemiol Ment Health.* 2023 May 12;19:e174501792303281. doi: 10.2174/17450179-v19-e230419-2022-50. PMID: 37916197; PMCID: PMC10351347.

- Cossu, G., Gyppaz, D., Kalcev, G., Manca, A. R., Angermeyer, M., Zreik, T., & Carta, M. G. Systematic review of involuntary hospitalisation and long-term compliance., *International Review of Psychiatry*, 2022, 1-12, <https://doi.org/10.1080/09540261.2022.2119074>

- Carta, M. G., Moro, M. F., Sancassiani, F., Ganassi, R., Melis, P., Perra, A., ... & Cossu, G. Respect for service users' human rights, job satisfaction, and wellbeing are higher in mental health workers than in other health workers: A study in Italy at time of the Covid pandemic, *Journal of Public Health Research.* 2022;11(2). doi:10.1177/22799036221107060

-Carta, M. G., Atzori, L., Aviles Gonzales, C. I., Minerba, L., Pau, M., Crisafulli, A., Cauli, A., Ferrelli, C., Puxeddu, R., Orru, G., Scano, A., Machado, S., Romano, F., Cossu, G., Preti, A. Improving Quality of Life in Older Adults Living at Home by a Moderate Exercise Training. (2022). *The Open Psychology Journal*, 15(1). Doi: 10.2174/18743501-v15-e2206060

- Perra A., De Lorenzo, V., Zaccheddu R., Aurora Locci A., Piludu F., Preti A., Di Natale L., Galetti A., Nardi E., Cossu G., Sancassiani F., Barbato S., Cesaretti O., Kurotshka P., Carta M.G., Cognitive Remediation Virtual Reality Tool a Recovery-Oriented Project for People with Bipolar Disorder: Protocol of a Feasibility Randomized Clinical Trial. *Clinical Practice and Epidemiology in Mental Health*, 2022,18(1).doi: 10.2174/17450179-v18-e2208220

- Carta MG, Orrù G, Peracchia A, Cossu G, Velluzzi F, Atzori L, Ferrelli C, Ivan Aviles Gonzalez C, Romano F, Littera R, Puxeddu R, Chessa L, Firinu D, Del Giacco S, Restivo A, Deidda S, Scano A, Coghe F, Minerba L, Manconi M, Saba L. Differences in lethality and diffusion of Covid-19 in countries using different kinds of vaccines. *J Public Health Res.* 2022 Sep 10;11(3):22799036221107062. doi: 10.1177/22799036221107062.

- Carta MG, Sancassiani F, Melis P, Aviles-Gonzales CI, Urban A, Minerba L, D'Oca S, Atzeni M, Velluzzi F, Ferrelli C, Serrentino R, Coghe F, Cossu G.. The perception of professionals and users of the quality of care and respect for human rights in four outpatient care facilities of an Italian hospital during the Covid-19 pandemic, *J Public Health Res.* 2022 Sep 23;11(3):2279903622119026. doi: 10.1177/2279903622119026. PMID: 36172597

-Velluzzi, F., Cossu, G., Fosci, M., (...), Loviselli, A., Carta, M.G. Effect of a Low-Moderate Exercise Program on Dysmetabolism in Older Adults: Results of a Randomized Controlled Trial, *Nutrients.* 2022 Aug 15;14(16):3337. doi: 10.3390/nu14163337.

- Cossu, G., Zreik, T., Ciccu, S., Guttman, M. E., Sancassiani, F., Melis, P., ... & Carta, M. G. Respects of human rights and perception of quality of care, the users' point of view comparing mental health and other health facilities in a region of Italy. (2022). *International Review of Psychiatry*, 1, <https://doi.org/10.1080/09540261.2022.2081069>

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Autorizzo il trattamento dei miei dati personali ai sensi del Decreto Legislativo 30 giugno 2003, n. 196 e all'art. 13 GDPR 679/16.

**Dichiarazione sostitutiva di certificazioni
(Art.46 del D.P.R. 28 dicembre 2000, n. 445)**

**Dichiarazione sostitutiva dell'atto di notorietà
(Art. 47 del D.P.R. 28 dicembre 2000, n. 445)**

La sottoscritta Giulia Cossu nata a CAGLIARI il 23/07/1980 residente a Cagliari (CA), Via San Fermo 4, e domiciliata in Cagliari Via San Fermo n 4 (CA), a conoscenza di quanto prescritto dall'art. 76 del D.P.R. 28 dicembre 2000, n. 445, sulla responsabilità penale cui può andare incontro in caso di falsità in atti e di dichiarazioni mendaci, ai sensi e per gli effetti del citato D.P.R. n. 445/2000 e sotto la propria personale responsabilità:

D I C H I A R A

che quanto affermato e riportato nel curriculum corrisponde al vero.

Letto, confermato e sottoscritto.

LA DICHIARANTE

Giulia Cossu