

**CURRICULUM**  
**VALENTINA SPENSIERI**  
**PhD, Psychologist, Psychotherapist**

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**Education and Training**

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- 21 – 23 June 2019: Training on the Coping Power Program, Lecce.
- 20 April 2018: Post-academic specialization in psychotherapy. SPAD - Scuola di Psicoterapia dell'adolescenza e dell'età giovanile ad indirizzo psicodinamico di Roma.
- November 2013 – February 2017: Ph.D. in Dynamic and Clinical Psychology, Sapienza University of Rome. Dissertation: “When shyness becomes a problem: the associations with somatic symptoms in behavioural addiction and victimization in the developmental age” Tutor: Prof. Rita Cerutti, Co-Tutor: Prof. Fabio Presaghi.
- 10 – 11 March 2017: Workshop “The assessment of personality disorder with the IPO-A”, Prof. Massimo Ammaniti and Prof. Andrea Fontana, Rome.
- January 2016 – June 2016: Theoretical training course about the Control Mastery Theory. Prof. Francesco Gazzillo, Rome.
- May 2015 – September 2015: Clinical cases discussions, Italian Psychoanalysis Society, Dr. Carla Busato and Dr. Giovanna Montinari, Rome.
- September 2014: Workshop on Specific Learning Disabilities, Bologna.
- July 2012: Master’s Degree in Dynamic and Clinical Psychology. Faculty of Medicine and Psychology, Sapienza University of Rome. Dissertation: “Somatization, attachment and emotional regulation in developmental age: an empirical study”, Tutor: Prof. Rita Cerutti, Co-tutor: Prof. Vincenzo Guidetti (vote: 110/110 cum laude).
- January 2008: Workshop on the T.E.A.C.H. - Treatment and Education of Autistic and related Communication-handicapped Children, “Il Filo dalla Torre” Association, Rome.
- December 2007: Workshop on the P.E.I.A.D. – Evolutionary Approach to Autism and Disability, “Il Filo dalla Torre” Association, Rome.
- July 2010: Bachelor’s Degree in Psychological sciences and techniques. Faculty of Medicine and Psychology, Sapienza University of Rome. Dissertation: “Attention and Hyperactivity Disorders in Autistic Spectrum disorders”, Tutor: Prof. ssa Roberta Penge. (vote: 110/110 cum laude).
- July 2006: High-School Diploma, Liceo Scientifico A. Romita, Campobasso. Final Exam Grade: 100/100

- May 2005: Trinity's Certificate in Integrated Skills in English ISE II.
- May 2004: Trinity's Certificate in Integrated Skills in English ISE I.

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### **Work Experience**

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- August 2019 – present. Research Fellow. Department of Dynamic and Clinical Psychology, Sapienza University of Rome.
- January 2019 – February 2019. Work assignment “Multivariate correlation analyses. Mediation and moderation models for evaluating bullying and cyber bullying in students of primary and secondary schools”. Department of Dynamic and Clinical Psychology, Sapienza University of Rome.
- March 2018 – February 2019: Research Fellow. Department of Dynamic and Clinical Psychology, Sapienza University of Rome.
- October 2017 – November 2017. Work assignment “Multivariate correlation analyses. Mediation and moderation models for evaluating Nonsuicidal Self-Injury and body modification in adolescence”. Department of Dynamic and Clinical Psychology, Sapienza University of Rome.
- October 2015 – November 2015. Work assignment “Correlation and Regression Models to assess somatic symptoms”. Department of Dynamic and Clinical Psychology, Sapienza University of Rome.
- January 2012 – July 2012. Student-collaboration scholarship, Department of Dynamic and Clinical Psychology, Sapienza University of Rome.
- January 2011 – October 2011. Student-collaboration scholarship, Department of Dynamic and Clinical Psychology, Sapienza University of Rome.

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### **Awards, Grants, and Scholarships**

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- October 2018: Grant “Avvio alla Ricerca”. Grant from Sapienza University of Rome.
- October 2013: “Excellent Graduate Student Award”. Award from the Alumni Noi Sapienza Association, accorded to students with outstanding performances in academic activities.
- January 2012 – July 2012: Student-collaboration scholarship, Department of Dynamic and Clinical Psychology, Sapienza University of Rome.
- January 2010 – October 2011: Student-collaboration scholarship, Department of Dynamic and Clinical Psychology, Sapienza University of Rome.
- September 2006: Awards “Centocentesimi”, 2005/2006 scholastic year. Scholastic and Academic Reward granted by Lions Club of Campobasso.

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## Publications

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- 1) Cerutti, R., **Spensieri, V.**, Amendola, S., Presaghi, F., Fontana, A., Faedda, N., Guidetti, V. (2019). Sleep disturbances partially mediate the association between problematic internet use and somatic symptomatology in adolescence. *Current Psychology*, <https://doi.org/10.1007/s12144-019-00414-7> [I.F.: 1.468]
- 2) **Spensieri, V.**, Cerutti, R., Presaghi, F., Amendola, S., Crozier, W.R. (2019). Italian validation of the Children's Shyness Questionnaire: Exploring associations between shyness and psychosocial functioning. *PLoS ONE* 14(6): e0217722 [I.F.: 2.766].
- 3) Albani, G., Veneziano, G., **Spensieri, V.**, Peppe, A., Grassi, G. (2019). Therapeutical purposes for dopaminergic dysregulation syndrome and impulsive behavior in Parkinson's disease. *Journal of Behavioral Addictions*, 8(1), 1–223. [I.F.= 4.873]. Conference Proceeding paper in Journal.
- 4) Amendola, S., **Spensieri, V.**, Cerutti, R. (2019). The use of videogames, personality and emotion regulation in a sample of Italian adolescents. *Medico e bambino*, 38:177-182.
- 5) **Spensieri, V.**, Amendola, S. (2019) Maladaptive personality traits, anxiety and somatic symptoms in adolescence. *Rassegna di Psicologia*, 36(1):73-84
- 6) Amendola, S., **Spensieri V.**, Guidetti, V., Cerutti, R. (2019) The relationship between difficulties in emotion regulation and dysfunctional technology use among adolescents. *Journal of Psychopathology*, 25:10-17
- 7) Cerutti R., Zuffianò A., **Spensieri V.** (2018). The role of the difficulty in identifying feelings (DIF) in the non-suicidal self-injury behavior (NSSI). Exploring DIF role in perceived attachment quality, stressful life events and suicidal ideation. *Frontiers in Psychology*: 9:318. [I.F.=2.323]
- 8) Amendola, S., **Spensieri, V.**, Cerutti, R. (2018). The impact of problematic mobile phone use on sleep quality in preadolescence: the mediating role of somatic symptoms. *Mediterranean Journal of Clinical Psychology*, 6(2) ISSN: 2282-1619. Conference Proceeding paper in Journal.
- 9) Cerutti R., **Spensieri V.**, Presaghi F., Valastro C., Fontana A., Guidetti V. (2017). An exploratory study on internet addiction, somatic symptoms and emotional and behavioral functioning in school-aged adolescents. *Clinical Neuropsychiatry - Journal of Treatment Evaluation*, 14(6):374-383. [I.F.=0.79]
- 10) Ioverno, S., Lusuardi, A., Baiocco, R., **Spensieri, V.**, Cerutti, R. (2017). The role of emotional investment in the body and depression among young adult self-injurers: nonsuicidal self injury (NSSI) versus suicidal behavior. *Mediterranean Journal of Clinical Psychology*, 5 (2b), ISSN: 2282-1619. Conference Proceeding paper in Journal.

- 11) **Spensieri V.**, Presaghi F., Cerutti R. (2017). Implications of shyness and somatic symptoms in bullying. *Rassegna di Psicologia*, XXXIV (2), 59-69.
- 12) Cerutti, R., **Spensieri, V.**, Valastro, C., Presaghi, F., Canitano, R., Guidetti V. (2017). A comprehensive approach to understand somatic symptoms and their impact on emotional and psychosocial functioning in children. *PlosOne*, 12(2):e0171867. [I.F.=2.806]
- 13) Cerutti, R., Presaghi, F., **Spensieri, V.**, Valastro, C., Guidetti, V. (2016). The Potential Impact of Internet and Mobile Use on Headache and Other Somatic Symptoms in Adolescence. A Population-Based Cross-Sectional Study. *Headache*, 56 (7), 1161-1170. [I.F.= 2.961]
- 14) Cerutti, R., Valastro, C., Tarantino, S., Valeriani, M., Faedda, N., **Spensieri, V.**, Guidetti, V. (2016). Alexithymia and psychopathological symptoms in adolescent outpatients and mothers suffering from migraines: a case control study. *Journal of Headache and Pain*, 17: 39. [I.F.= 3.580]
- 15) Cerutti, R., **Spensieri, V.**, Valastro, C. (2016). Painful somatic symptoms and nonsuicidal selfinjury behavior (NSSI) in adolescence: A possible link? *Mediterranean Journal of Clinical Psychology*, 4 (2) ISSN:2282-1619.
- 16) **Spensieri, V.**, Valastro, C., Cerutti, R. (2016). Technology addiction and alexithymia features in a sample of Italian adolescents. *Journal of Behavioral Addictions*, 5(1), 1–64. [I.F.= 4.873]. Conference Proceeding paper in Journal.
- 17) Cerutti, R., **Spensieri, V.**, Valastro, C. (2015). La relazione tra sintomi somatici, sintomi ansiosi e rischio depressivo in adolescenza. *Rassegna di Psicologia* , 3, 99-112.
- 18) Cerutti, R., Presaghi, F., **Spensieri, V.**, Valastro, C., Guidetti, V. (2015). Somatic complaints, depressive symptoms and functional disability: a study in school aged children and adolescents. *Psychotherapy and Psychosomatics*, 84(1), 15. [I.F.=7.632]. Abstract su rivista.
- 19) Guidetti, V., Cerutti, R., Presaghi, F., **Spensieri, V.**, Valastro, C., Baglioni, V. (2015). The effect of the virtual interactions on wellbeing in adolescence: exploring the relationship between internet addiction, headache and depressive symptoms. *Cephalalgia*, 35(6s), 204-205. [I.F.=6.052]. Conference Proceeding paper in Journal.
- 20) **Spensieri, V.**, Cerutti, R., Valastro, C., Presaghi, F. (2015). Internet addiction, physical symptoms, emotional and behavioral functioning among middle school children: An exploratory study. *Journal of Behavioral Addictions*, 4(1), 60. [I.F.: 4.873]. Conference Proceeding paper in Journal.
- 21) Cerutti, R., **Spensieri, V.**, Valastro, C. (2014). Autolesività non suicidaria e percezione della qualità dell'attaccamento verso i genitori e i pari in adolescenza. *Infanzia e Adolescenza*, 13(2), 71-83.
- 22) Cerutti, R., **Spensieri, V.**, Valastro, C., Guidetti, V. (2013). Understanding the medically unexplained symptoms among children and adolescents of nonclinical population.

*Psychotherapy and Psychosomatics*, 82(1), 18. [I.F.=9.37]. Conference Proceeding paper in Journal.

### **Book: Chapter**

- 1) Camuffo, M., Cerutti, R. **Spensieri V.** (2018) La versione italiana del CDI-2. In M. Camuffo, R. Cerutti (Ed. it.) *Manuale del CDI-2 (Children Depression Inventory, Second Edition). Adattamento italiano*. Hogrefe Editore: Firenze.

### **National and International Conference**

- 1) Spensieri, V. "How Control Mastery Theory can be applied to the practice of child therapy. The case of Jane", The science and practice of psychotherapy: fifty years of Control-Mastery Theory, **Savoca**, 17-19 October 2019.
- 2) Cerutti, R., Biuso, G.S., **Spensieri, V.**, Dentale, F. Tambelli, R. "A psychodynamic counselling intervention for university students seeking psychological help" XXI Congress of the Italian Association of Psychology, **Milan**, 27-29 September 2019.
- 3) Amendola, S., **Spensieri, V.**, Biuso, G.S. "A cluster analysis of adolescents' styles of technology use: what is the role of maladaptive personality functioning?" XXI Congress of the Italian Association of Psychology, **Milan**, 27-29 September 2019.
- 4) Amendola, S., **Spensieri, V.**, Cerutti, R. "Does depressive symptomatology moderate the relationship between problematic internet use and psychoticism domain in adolescence?" 4th International Congress of Clinical and Health Psychology on Children and Adolescence, Miguel Hernández University, **Palma de Mallorca**, 15-17 November 2018.
- 5) **Spensieri V.** "The impact of shyness on internet addiction in preadolescence: the mediating role of somatic symptoms" International Multidisciplinary Symposium on Gambling Addiction, **University of Fribourg**, 27-29 June 2018.
- 6) Amendola, S., **Spensieri, V.**, Cerutti, R. "Problematic mobile-phone use, personality traits-domains and emotion regulation in adolescence". International Multidisciplinary Symposium on Gambling Addiction, **University of Fribourg**, 27-29 June 2018.
- 7) Amendola, S., **Spensieri, V.**, Cerutti, R. "The impact of problematic mobile phone use on sleep quality in preadolescence: the mediating role of somatic symptoms" XX Congress of the Italian Association of Psychology, **Urbino**, 7-9 September 2018.
- 8) **Spensieri V.** "Bullies are not born" speaker at the Conference about "Cyberbullism and new technologies", Istituto Comprensivo Ovidio, **Rome**, 11<sup>th</sup> December 2017.
- 9) Cerutti, R., **Spensieri, V.**, Valastro, C. "Painful somatic symptoms and nonsuicidal selfinjury behavior (NSSI) in adolescence: A possible link?" Poster presentation at the XVIII<sup>o</sup> Congress of the Italian Association of Psychology, **Rome**, 16-18 September 2016.

- 10) **Spensieri, V.**, Valastro, C., Cerutti, R. “Technology addiction and alexithymia features in a sample of Italian adolescents”. Poster presentation at the III° International Conference on Behavioral Addictions, **Geneva**, 14-16 March 2016.
- 11) Cerutti, R., Presaghi, F., **Spensieri, V.**, Valastro, C., Guidetti, V. “Somatic complaints, depressive symptoms and functional disability: a study in school aged children and adolescents”. Poster presentation at the 23rd World Congress on Psychosomatic Medicine, **Glasgow**, 18-22 August 2015.
- 12) Guidetti, V., Cerutti, R., Presaghi, F., **Spensieri, V.**, Valastro, C., Baglioni, V. “The effect of the virtual interactions on wellbeing in adolescence: exploring the relationship between internet addiction, headache and depressive symptoms”. Poster presentation at the 17th Congress of the International Headache Society (IHC 2015), **Valencia**, 14-17 May 2015.
- 13) **Spensieri, V.**, Cerutti, R., Valastro, C., Presaghi, F. “Internet addiction, physical symptoms, emotional and behavioral functioning among middle school children: An exploratory study”. Poster presentation at the II° International Conference on Behavioral Addictions, **Budapest**, 16-18 March 2015.

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#### Research Activity

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- January 2019 – February 2019. Work assignment “Multivariate correlation analyses. Mediation and moderation models for evaluating bullying and cyber bullying in students of primary and secondary schools”. Scientific coordinator: Prof. Rita Cerutti. Recruitment notice N. 7/2018. Department of Dynamic and Clinical Psychology, Sapienza University of Rome.
- October 2018 – February 2019. Participation in the research project: “Early identification of risk factors in developmental age: the role of shyness and depressive symptomatology in peer victimization”. Scientific coordinator: Valentina Spensieri
- October 2017: Participation in the research project “Anti-violence Culture Project. Effective prevention: protect your childhood” (Scientific coordinator: Prof. Rita Cerutti). Funding: Agreement between the Rotary Club Roma Est and the Department of Dynamic and Clinical Psychology, Sapienza University of Rome.
- October 2017 – November 2017. Work assignment: “Multivariate correlation analyses. Mediation and moderation models for evaluating Nonsuicidal Self-Injury and body modification in adolescence”. University research project “Nonsuicidal Self-Injury and body modification in adolescence”. Scientific coordinator: Prof. Rita Cerutti. Recruitment notice N. 10/2017. Department of Dynamic and Clinical Psychology, Sapienza University of Rome.
- September 2016 – September 2017: Participation in the University research project “Social Distance and Social Categorization: further evidences from social exclusion”. Scientific coordinator: Prof. Fabio Presaghi.

- Ottobre 2015 – Novembre 2015: Work assignment: “Correlation and Regression Models to assess somatic symptoms”. Project: Somatization and psychological disease in developmental age: risk and protective factors. Scientific coordinator: Prof. Rita Cerutti. Recruitment notice N. 7/2015. Department of Dynamic and Clinical Psychology, Sapienza University of Rome.
- September 2015 – September 2016: Participation in the University research project “Nonsuicidal Self-Injury and body modification in adolescence”. Scientific coordinator: Prof. Rita Cerutti.
- September 2014 – September 2015: Participation in the University research project “Implicit and explicit Theory of Mind in school-age: linguistic and socio-affective correlates”. Scientific coordinator: Prof. Emiddia Longobardi.
- September 2013 – September 2014: Participation in the University research project “Somatizzazione e disagio psicologico: fattori di rischio e protezione” in qualità di componente del gruppo di ricerca. Scientific Coordinator: Prof. Rita Cerutti

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### **Teaching Experience**

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- October 2019: Lecture “Headache and recurrent abdominal pain in developmental age”, course of Psychosomatic in Developmental age. Assessment and diagnosis. (Prof. Rita Cerutti). Faculty of Medicine and Psychology, Sapienza University of Rome
- October 2019: Lecture “The assessment in psychosomatic during developmental age”, course of Psychosomatic in Developmental age. Assessment and diagnosis. (Prof. Rita Cerutti). Faculty of Medicine and Psychology, Sapienza University of Rome
- October 2018: Lecture “Assessment methods and tools in psychosomatics”, course of Psychosomatic in Developmental age. Assessment and diagnosis. (Prof. Rita Cerutti). Faculty of Medicine and Psychology, Sapienza University of Rome
- October 2018: Lecture “Psychosomatic pain:” course of Psychosomatic in Developmental age. Assessment and diagnosis. (Prof. Rita Cerutti). Faculty of Medicine and Psychology, Sapienza University of Rome
- November 2017: Lecture “Shyness and somatic symptoms in developmental age”, course of Psychosomatic in Developmental age. Assessment and diagnosis. (Prof. Rita Cerutti). Faculty of Medicine and Psychology, Sapienza University of Rome
- October 2017: Lecture “Assessment methods and tools in psychosomatics”, course of Psychosomatic in Developmental age. Assessment and diagnosis. (Prof. Rita Cerutti). Faculty of Medicine and Psychology, Sapienza University of Rome
- February 2016 – April 2016: Lectures on Specific Learning Disorders and Special Educational Needs”, Studio Eidon, Roma.
- February 2016: Lecture “Diagnosis in psychosomatics”, course of Psychosomatic in

Developmental age. (Prof. Rita Cerutti). Faculty of Medicine and Psychology, Sapienza University of Rome

- February 2016: Lecture “Assessment methods and tools in psychosomatics”, course of Psychosomatic in Developmental age. (Prof. Rita Cerutti). Faculty of Medicine and Psychology, Sapienza University of Rome.
- December 2016: Lecture “Specific Learning Disorders and Attention deficit hyperactivity disorder”, Studio Eidon Roma.
- January 2015: Lecture “Diagnosis in psychosomatics”, course of Psychosomatic in Developmental age. (Prof. Rita Cerutti). Faculty of Medicine and Psychology, Sapienza University of Rome.
- February 2015: Lecture “Assessment methods and tools in psychosomatics”, course of Psychosomatic in Developmental age. (Prof. Rita Cerutti). Faculty of Medicine and Psychology, Sapienza University of Rome.

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### **Other**

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- Statistics Software Package: SPSS 25; R.