

## AI FINI DELLA PUBBLICAZIONE:

### EDUCATION AND TRAINING

- 01/11/2019–Present **PhD candidate in Cognitive, Social and Affective Neuroscience** EQF level 8  
Sapienza University of Roma, Department of Psychology  
Via dei Marsi, 78, 00185 Rome (Italy)  
[https://phd.uniroma1.it/web/PSICOLOGIA-E-NEUROSCIENZE-SOCIALI\\_nD3533\\_IT.aspx](https://phd.uniroma1.it/web/PSICOLOGIA-E-NEUROSCIENZE-SOCIALI_nD3533_IT.aspx)  
I am working in Prof. Cristiano Violani's Clinical Psychophysiology and Health Psychology Laboratory, mainly on psycho-social and physiological predictors of physical and mental well-being in different "at risk" populations (e.g. caregivers, pregnant women). In particular, I am interested in cardiovascular (e.g. Heart Rate Variability – HRV) and biological (e.g. cortisol) index of stress and their association with the development of mental disorders (e.g. depression, anxiety) and physical diseases. Moreover, I am working on two projects related to COVID-19 pandemic with a focus on preventive behaviours, and on three pilot studies on the recording of heart rate and HRV through some smartphone applications in different populations.  
Supervisors: Prof. Caterina Grano, Prof. Cristiano Violani
- 06-07-14-21/11/2020 **"Biofeedback and Neurofeedback – Clinical Application and Treatment Protocols" course**  
Psychophysiology Service, University of Padova  
Via Venezia, 8, 35131 Padova (Italy)  
<https://www.dpg.unipd.it/en/psyphylab>  
The course had four sections: 1-Biofeedback: Framework and Signals Registration, 2-Biofeedback and Stress Management, 3-Biofeedback and Chronic Pain and 4-Neurofeedback: Framework and Clinical Applications.  
Final grade: Final exams passed with the assignment of 25.5 ECTS.
- 01/03/2018–31/08/2019 **Traineeship in Psychobiology Area: Emotional Factors and Coronary Heart Disease**  
Department of Behavioural Science and Health (Psychobiology Group) - Institute of Epidemiology and Health Care (University College London, UCL)  
1-19 Torrington Place, London, WC1E 6BT (United Kingdom)  
<http://www.ucl.ac.uk/>  
I spent my pre-lauream Erasmus+ for Traineeship scholarship at Andrew Steptoe's Psychobiology Group Laboratory, University College London. I have developed knowledge and skill in advanced psychobiological research methods, in the conceptualisation, analysis and interpretation of clinical and psychological data, and in presenting research plans and analyses in English. I have acquired greater knowledge of cardiovascular system and its disorders, the contribution of emotional factors in cardiovascular disorders, and the interrelationships between psychological states and biological function. I have also learnt the importance of partners/spouses for the patients' recovery and the interrelationship between their well-being. He has acquired advanced statistical and analytical skills in the analysis of different types of data and has develop knowledge and skill in writing and preparing papers for publication in peer-reviewed journals.
- 06/10/2016–14/10/2019 **Master's degree in Clinical Psychology** EQF level 7  
Università degli studi di Padova  
Via 8 Febbraio, 2, 80006480281 Padova (Italy)  
<http://www.psicologia.unipd.it/offerta-didattica/corsi-di-laurea-magistrale?ordinamento=2017&key=PS1089>  
Thesis: 'Emotional and Cortisol Response in Caregivers of Coronary Artery Bypass Graft Surgery Patients' (Supervisors: Prof. Daniela Palomba, Prof. Andrew Steptoe, Dr. Lydia Poole)

Attended courses:

Affective Neuroscience and Psychopathology, Risk Communication and Decision Making, Structured Low-Intensity Interventions in Clinical Psychology, Statistical Methods for Clinical Research, Neuropsychology and Forensic Psychopathology, Psychiatry, Clinical Psychodiagnostics, Clinical Psychophysiology and Psychosomatics, Psychophysiology of Cognitive and Emotional Processes, Clinical and Experimental Psychopathology, Forensic Psychology, Psychology of Aging, Social Psychology of Health, Research and Professional Ethics in Psychology

**01/11/2017–28/02/2018    Research Assistant at Psychophysiology Lab (Department of General Psychology)**

University of Padova  
Via Venezia, 8, 35131 Padova (Italy)  
<https://www.dpg.unipd.it/en/psyphylab>

I assisted in ECG data collection and analyses on a project exploring the relationship between depression and HRV in ischemic heart disease patients undergoing percutaneous coronary angioplasty surgery.

(Group Leader: prof. Daniela Palomba)

**29/01/2018–10/02/2018    Winter School - Food and Health**

Università degli studi di Padova - Department of Land, Environment, Agriculture and Forestry, Padova (Italy)

The first section (Food quality: from farm to table):

- 1.1 The influence of production techniques on food quality
- 1.2 Food regulation and information for consumers
- 1.3 Market and food consumer perceptions
- 1.4 Tools and strategies to educate consumer

The second section (Food quality and human health):

- 2.1 Physiology of energy balance and pathophysiology of related diseases
- 2.2 Gastrointestinal control of food intake and metabolism
- 2.3 Nutrition related human disease
- 2.4 Nutrition in different periods of life

**12/10/2015–11/10/2016    Traineeship in Clinical Area - Mental Health Center, Rehabilitation Department**

ULSS 6, "San Bortolo" Hospital - Vicenza (ULSS 8 Berica)  
Via Rodolfi, 37, 02441500242 Vicenza (Italy)  
<http://www.ulssvicenza.it/nodo.php/1281>

During this pre-lauream internship, I worked in the Psychiatric Department, Mental Health Center (CSM) and Rehabilitation Department of "ULSS 8 Berica". Briefly, I assessed patients with different mental diseases (depression, anxiety, schizophrenia, etc) supervised by psychologists, wrote and updated patients' clinical records, participated in the activities organized by the Rehabilitation Department and attended weekly staff meetings. Moreover, I develop and carried out two rehabilitative groups ("Assertiveness Group" and "Physical Activity Group") with 20 psychiatric patients of the Rehabilitation Department (supervised by Dr. Raffaello Conti). Finally, I drafted my dissertation about the effect of the "Assertiveness Group" on these patients, using a longitudinal study design with pre- and post-assessment of patients and different statistical analyses (ANOVA, regression, etc.).

Supervisors: Dr. Livio dalla Verde, Dr. Raffaello Conti, Dr. Silvia Olivetto

**10/09/2013–26/09/2016    Bachelor's degree in Psychological Science and Techniques**  
Università degli studi di Padova

EQF level 6

## Curriculum vitae

Via 8 Febbraio, 2, 80006480281 Padova (Italy)  
<http://www.psicologia.unipd.it/offerta-didattica/corsi-di-laurea-triennale?ordinamento=2011&key=PS1842>

Thesis: Evaluation of Assertiveness Training for Psychiatric Patients of a Psychosocial Rehabilitation Service (Supervisor: Prof. Paolo Michielin)

### Attended courses:

Psychobiology, Computer Use, Classics of Psychology, English Language, Animal and Comparative Psychology, Psychology of Personality and Individual Differences, Developmental Psychology, Dynamic Psychology, General Psychology, Social Psychology, Cultural Anthropology, Communication and Persuasion, Language and Communication, Psychodiagnostic, Clinical Psychology, Work and Organizational Psychology, Community Psychology, Psychometrics, Sociology, Psychology of Vocational Designing and Career Counseling, Psychopedagogy of New Media, Social Development and Group Influence Processes

12/09/2008–15/07/2013

### High School diploma - Liceo Scientifico, Indirizzo tecnologico

EQF level 4

Liceo Scientifico G.B. Quadri  
 Viale G. Carducci, 17, 80014650248 Vicenza (Italy)  
[www.liceoquadri.gov.it](http://www.liceoquadri.gov.it)

#### Basic Classes:

-Italian Language, Mathematics, English Language, Physical Education, Philosophy, History, Science, Geography, Religion.

#### Specific Classes:

-Technical Drawing, Algebra, Biology, Chemistry, Physics, Computer Science, Disegno tecnico, Earth science, Trigonometry.

15/10/2010–09/05/2012

### Certificato ECDL - European Computer Driving License

Liceo Scientifico Tecnologico G.B. Quadri  
 Viale G. Carducci, 17, 80014650248 Vicenza (Italy)

## PERSONAL SKILLS

Mother tongue(s) Spanish, Italian

Foreign language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	C1	C1	B2	B2	C1

Levels: A1 and A2: Basic user - B1 and B2: Independent user - C1 and C2: Proficient user  
 Common European Framework of Reference for Languages

### Communication skills

- Excellent communication skills with psychiatric patients, other type of patients, their relatives, doctors, nurses, healthcare assistants and psychologists gained through my experience at ULSS 6 - "San Bortolo" Hospital;
- Excellent active listening skills targeted at handling problems and taking improvement advice gained through my experience at ULSS 6 - "San Bortolo" Hospital and in some courses of "Psychological Science and Techniques" undergraduate degree;

### Organisational / managerial skills

- Excellent problem-solving skills and adaptability gained through my experience in ULSS 6 - "San Bortolo" Hospital and in some courses of "Psychological Science and Techniques" undergraduate degree;
- Good experience in project management in clinical rehabilitation environment (I contributed at the

organization of a lot rehabilitation projects in ULSS 6 - "San Bortolo" Hospital);

- Good Leadership (I manage an Assertive Group Training - with my tutor- for my graduate thesis);
- Excellent team work skills gained through my experience at University of Padova and in the traditional equipe work of Hospital Departments;

#### Job-related skills

- Physiological recording – Electrocardiography recording, heart rate monitoring, pain and stress inductions, biofeedback procedures, ECG, skin conductance and skin temperature data acquisition (gained through my experience at Psychophysiology Lab, University of Padova and at Clinical Psychophysiology and Health Psychology Laboratory, Sapienza University of Roma);
- Quantitative Analysis – Linear/multiple/ hierarchical/logistic regression, univariate/multivariate analysis of variance, non-parametric models, mediation and moderation analysis, structural equations modelling (SEM), dyadic data analysis, statistical analysis of ECG and behavioural data, preparation of scientific paper (gained through my experience at Psychobiology Group, University College London and at Clinical Psychophysiology and Health Psychology Laboratory, Sapienza University of Roma);
- Qualitative Analysis – Questionnaire development and factor analysis, sampling and coding protocols, interviewing, administration of questionnaires and stress tests (gained through my experience at Psychobiology Group, University College London, at Psychophysiology Lab, University of Padova and at Clinical Psychophysiology and Health Psychology Laboratory, Sapienza University of Roma);

#### Digital skills

SELF-ASSESSMENT				
Information processing	Communication	Content creation	Safety	Problem-solving
Proficient user	Proficient user	Proficient user	Proficient user	Proficient user

#### Digital skills - Self-assessment grid

ECDL - European Computer Driving Licence
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Statistical and other skills:

- Proficient in Microsoft Office suite and Adobe Photoshop packages
- Excellent use of Zotero and Mendeley
- Excellent use of different Operative Systems: Windows, Mac, Android OS, IOS
- Excellent use of SPSS and PROCESS macro
- Good use of Mplus8
- Basic use of RSTUDIO, Matlab and Psychtoolbox, STATISTICA analysis software
- Good use of E-Prime3 software
- Good knowledge of 'ProComp Infiniti' ECG, skin conductance and skin temperature recording system and Kubios-HRV analysis software
- Basic knowledge of 'Biopac Student Lab' recording system (ECG Analysis)

#### Driving licence

AM, B

### ADDITIONAL INFORMATION

#### Certifications

- 16/08/2018 – Online Linguistic Support/Erasmus+, Europass level C1 (English Common European Framework of Reference for Languages - CEFR);
- 06/12/2017 – IELTS (Academic) International English Language Testing System – Level B2
- 13/05/2012 – European Computer Driving Licence (ECDL)

#### Honours and awards

- 27/01/2020 – Junior Scholarship for Research Activity on 'Raccolta di dati elettrofisiologici (ECG) e

## Curriculum vitae

comportamentali in partecipanti in gravidanza e non, sulla registrazione e sull'analisi dei dati con metodologie statistiche avanzate e sulla scrittura dei risultati' (Sapienza University of Roma, Roma, Italy)

- 10/10/2017 – Erasmus+ for Traineeship Program Scholarship for Academic Merit;

### Publications

- Grano, C., Porciello, G., Singh Solorzano, C., Violani C. (in prep). Characterizing changes of body image dissatisfaction and interoceptive sensibility over pregnancy and their role in the development of postpartum depressive symptoms.
- Singh Solorzano, C., Steptoe, A., Leigh, E., Kidd, T., Jahangiri, M., Poole, L. (2019). Pre-surgical Caregiver Burden and Anxiety Are Associated with Post-Surgery Cortisol over the Day in Caregivers of Coronary Artery Bypass Graft Surgery Patients. International Journal of Behavioural Medicine, 26(3), 216-322. doi:10.1007/s12529-019-09775-6

### Conference Proceedings

- Singh Solorzano, C., Grano, C., Violani, C., Lucidi, F. (2020) Vital Exhaustion, Sonno e Qualità della Vita nei Caregiver di Pazienti Affetti da Malattia di Alzheimer. Proceedings of XIII Convegno Nazionale di Psicologia Dell'Invecchiamento. Scuola di Psicologia – Università degli Studi di Padova, Padova, Italia.

*In compliance with the GDPR and the Italian Legislative Decree no. 196 dated 30/06/2003, I hereby authorize you to use and process my personal details contained in this document.*

Date: 30/11/2020

Signature:

