

CURRICULUM VITAE THOMAS ZANDONAI

EDUCATION

2014

PhD in Translational Biomedicine, at the Graduate School of Translational Biomedical Science, Pharmacology course, University of Verona, Italy.

Title of thesis: The effects of smokeless tobacco administration on perception of effort and cognitive task in men. Discussed on 9th April 2014.

April 2013 – October 2013: Visiting Student at the School of Psychology, University of Sussex, Brighton, UK.

2010

MSc Degree (score 110/110 with honor) in Sport Science and Techniques, School of Exercise and Sport Science, University of Verona, Italy.

2006

BSc Degree (score 104/110) in Motor Activities and Sport, School of Exercise and Sport Science, University of Verona, Italy.

CERTIFICATION

December 2018

Assistant Professor (Profesor Ayudante Doctor) by “*La Agència Valenciana d’Avaluació i Prospectiva (AVAP)*” Valencia, Spain.

CURRENT POSITION

From January 2020

Honorary Collaborators in the Department of Pharmacology, Pediatrics and Organic Chemistry at the Miguel Hernández University of Elche, Alicante, Spain.

PREVIOUS POSITION

From November 2020 – September 2021

Associate Lecturer in the Department of Sport Sciences at Sport Research Center at the Miguel Hernández University of Elche, Alicante, Spain.

From May 2020 – June 2020

Research Collaborator at Department of Social and Developmental Psychology, Sapienza University of Rome, Rome, Italy.

From July 2018 – April 2020

Postdoctoral Research Fellow at the Mind, Brain and Behaviour Research Center (CIMCYC), Department of Experimental Psychology, Faculty of Psychology, University of Granada, Spain.

From January 2019

Lecturer and Research Collaborator at Neuropharmacology on Pain, Research Sport Center (CID), Department of Sports Science of the Miguel Hernández University of Elche, Spain.

2016 – 2017

Postdoctoral Research Fellow at the Mind, Brain and Behaviour Research Center (CIMCYC), Department of Experimental Psychology, Faculty of Psychology, University of Granada, Spain.

August 2014 – July 2015

Postdoctoral Research Fellow at the Neuropsychopharmacology Lab, Department of Diagnostic and Public Health, University of Verona, Italy.

2013-2015

Online Tutor (Distance Learning - MOODLE) at the Master Course in 'Treatment of Tobacco Smoking' at the University of Verona, Italy.

2009-2012

Coordinator of projects in 'Promoting healthy lifestyles by promoting physical activity and proper nutrition project' at the Prevention Services, Health Promotion and Education, Department of the Health Local Unit 20 in Verona - Veneto Region – Italy.

2006-2011

Coordinator and administrator of the 'Doping NO Thanks' online course at the School of Exercise and Sport Science, University of Verona, Italy.

1994 – 2006

Teacher and consultant in the social services field for people with disabilities (Autism syndrome – Parkinson's disease) and children with behavioural problems.

NATIONAL AND INTERNATIONAL PROJECTS PARTNERSHIP

Spanish Academic Reference of FAIR+ European Project on Doping. Survey on the use of medication in recreational sport for the year 2019.

RESEARCH EXPERIENCE AND FELLOWSHIPS**January 2011 – December 2013**

PhD studentship at the Neuropsychopharmacology Lab, Department of Diagnostic and Public Health, University of Verona, Italy. Research topic: Study of the effects of nicotine on healthy subjects, testing endurance and cognitive performance.

November 2010-December 2010

Graduate research bursary at the Department of Neurological, Neuropsychological, Morphological and Movement Sciences, University of Verona, Italy. Research topic: Doping and the assessment of cognitive abilities.

April 2010-July 2010

Graduate research bursary at the Neuropsychopharmacology Lab, Department of Diagnostic and Public Health, University of Verona, Italy. Research topic: Research on substance use and adaptation between athletes and the general population.

January 2010 – February 2010

Graduate research bursary at the School of Exercise and Sport Science, University of Verona, Italy. Research topic: Laboratory tutor in the methods of training in sport.

2009-2010

Graduate research bursary at the School of Exercise and Sport Science, University of Verona, Italy.
Research topic: Laboratory tutor in the methods of training in sport I.

June 2009 – August 2009

Graduate research bursary at the School of Exercise and Sport Science, University of Verona, Italy.
Research topic: Tutoring activities for first-year students.

2008-2009

Graduate research bursary at the School of Exercise and Sport Science, University of Verona, Italy.
Research topic: Laboratory tutor in methods of training in sport and the Methods of educational and physical sports activities.

Graduate research bursary at the School of Exercise and Sport Science, University of Verona, Italy.
Research topic: Laboratory tutor in the methods of training in sport I and II.

2008-2009

Graduate research bursary at School of Exercise and Sport Science, University of Verona, Italy.
Research topic: The promotion of the fight against doping and health in secondary school.

PUBLICATIONS

Holgado D, Manresa-Rocamora A, Zamboni L, Lugoboni F, Peiró AM, **Zandonai T**. 2021. The effect of benzodiazepines on exercise in healthy adult participants: A systematic review. Journal of Addictive Diseases. In press <https://doi.org/10.1080/10550887.2021.1990640>

Zandonai T, Escorial M, Peiró AM. 2021. Codeine and tramadol use in athletes: a potential for abuse Frontiers in Pharmacology. 12:661781. <https://doi.org/10.3389/fphar.2021.661781>

Galli F, Palombi T, Mallia L, Chirico A, **Zandonai T**, Alivernini F, De Maria A, Zelli A, Lucidi F. 2021. Promoting Media Literacy Online: An Intervention on Performance and Appearance Enhancement Substances with Sport High School Students. International Journal of Environmental Research and Public Health. 18, 5596: <https://doi.org/10.3390/ijerph18115596>

Palombi T, Galli F, Mallia L, Alivernini F, Chirico A, **Zandonai T**, Zelli A, Lucidi F, Giancamilli F. 2021. The Effect of Emergency Remote Teaching from a Student's Perspective During COVID-19 Pandemic: Findings from a Psychological Intervention on Doping Use. In: Uskov VL, Howlett RJ, Jain LC (eds) Smart Education and e-Learning 2021. Smart Innovation, Systems and Technologies, vol 240. Springer, Singapore 175-184. https://doi.org/10.1007/978-981-16-2834-4_15

Barrachina J, Muriel J, Margarit C, Planelles B, Ballester P, Richart-Martínez M, Cutillas E, **Zandonai T**, Morales D, Peiró AM. 2021. Global Pain State Questionnaire: Reliability, Validity, and Gender Gap. Archives Internal Medicine Research 4(2): 91-113. <https://doi.org/10.26502/aimr.0061>

Benvegnù G, Tommasi F, Ferraro S, Libener E, Di Chio M, Bosi S, **Zandonai T**, Chiamulera C. 2021. Smokers "Context Reactivity" in Virtual Domestic Environments. European Addiction Research. 1-8 <https://doi.org/10.1159/000515301>

Montero-Carretero C, Roldan A, **Zandonai T**, Cervelló E. 2021. A-Judo: An Innovative Intervention Programme to Prevent Bullying Based on Self-Determination Theory—A Pilot Study. Sustainability. 13, 2727. <https://doi.org/10.3390/su13052727>

- Zandonai T**, Benvegnù G, Tommasi F, Ferrandi E, Libener E, Ferraro S, Maris B, Chiamulera C. 2021. A virtual reality study on postretrieval extinction of smoking memory reconsolidation in smokers. *Journal of Substance Abuse Treatment*. (125) 108317. <https://doi.org/10.1016/j.jsat.2021.108317>
- Zandonai T**, Holgado D, Ciria Luis F., Zabala M, Hopker J, Bekinschtein T & Sanabria D. 2021. Novel evidence on the effect of tramadol on self-paced high-intensity cycling. *Journal of Sports Sciences*, in press. <https://doi.org/10.1080/02640414.2021.1877440>
- Zandonai T**, Lugoboni F, Zamboni L. 2021. Benzodiazepine addiction: other factor to be considered in sleep among athlete. *Sleep Medicine*. 78:7. <https://doi.org/10.1016/j.sleep.2020.12.008>
- Zandonai T**, Manresa-Rocamora A, Monese L, Moya-Ramón M, Schena F, Chiamulera C. 2020. A descriptive study of exercise dependence: A short report among Italian and Japanese runners. *Journal of Addictive Diseases*. In press <https://doi.org/10.1080/10550887.2020.1829450>
- Zandonai T**, Pizzolato F, Tam E, Bruseghini P, Chiamulera C, Cesari P. 2020. The effects of nicotine on cortical excitability after exercise. *Journal of Clinical Psychopharmacology*. 40(5):495-498. <https://doi.org/10.1097/JCP.0000000000001246>
- Zandonai T & Chiamulera C**. 2020. Smoker and smokeless tobacco user athletes: dual users? *QJM: An International Journal of Medicine*. 1-3. <https://doi.org/10.1093/qjmed/hcaa222>
- Tam E, Bruseghini P, Capelli C, Baraldo M, Chiamulera C, **Zandonai T**. 2020. Effects of nicotine on microvascular responsiveness after nicotine satiety versus overnight nicotine abstinence. *Vascular Medicine*. 25(3):223-225. <https://doi.org/10.1177/1358863X20906029>
- Mallia L, Chirico A, Zelli A, Galli F, Palombi T, Bortoli L, Conti C, Diotaiuti P, Robazza C, Schena F, Vitali F, **Zandonai T**, Lucidi F. 2020. The implementation and evaluation of a media literacy intervention about PAES use in sport science students. *Frontiers in Psychology*. 11:368. <https://doi.org/10.3389/fpsyg.2020.00368>
- Zandonai T & Holgado D**. 2020. Doping in tennis, where we are and where we should be going? *Performance Enhancement & Health*. 7(3-4):100157. <https://doi.org/10.1016/j.peh.2020.100157>
- Zamboni L, Lugoboni F, **Zandonai T**. 2019. Benzodiazepine abuse among athletes: pain relief or just a weapon against insomnia? A clinical case study. *Scandinavian Journal of Medicine & Science in Sports*. 29 (12):1937-1940. <https://doi.org/10.1111/sms.13540>
- Zandonai T & Chiamulera C**. 2019. The importance of nicotine use among winter sports athletes especially in skiers. Letter to the editor. *Journal of Science and Medicine in Sport*. 22(10):1072. <https://doi.org/10.1016/j.jsams.2019.05.022>
- Morente J*, **Zandonai T***, Zabala M. 2019. Attitudes, Beliefs and Knowledge Related to Doping in Different Categories of Football Players. *Journal of Science and Medicine in Sport*. 22(9):981-986 *equal contribution. <https://doi.org/10.1016/j.jsams.2019.05.010>
- Zandonai T**. 2019. Doping e tennis. In 'Tutto tennis', Lisi R. Draw up Eds. ISBN: 978-88-9369-217-5 <https://www.edizionidrawup.it/prodotto/tutto-tennis/> Capitolo V, 70-83.
- Zandonai T**. 2019. Esercizio fisico: l'anello tra corpo e mente. In "Aftercare & Post-prevention nelle Addictions: verso il benessere", Chiamulera C and Cibi M. Publiedit Eds. ISBN: 978-88-95425-14-6

Capitolo IV, 63-93 <http://www.publiteditweb.it/Aftercare.html>

Della Libera C, **Zandonai T**, Zamboni L, Santandrea E, Sandri M, Lugoboni F, Chiamulera C and Chelazzi L. 2019. Revealing Dissociable Attention Biases in Chronic Smokers Through an Individual-Differences Approach. *Scientific Reports*, 9;4930. <https://doi.org/10.1038/s41598-019-40957-0>

Holgado D, **Zandonai T**, Zabala M, Ciria L, Hopker J & Sanabria D. 2019. Transcranial direct current stimulation (tDCS) over the left prefrontal cortex does not affect time-trial self-paced cycling performance: Evidence from oscillatory brain activity and power output. *PLoS ONE* 14(2): e0210873. <https://doi.org/10.1371/journal.pone.0210873>

Holgado D, **Zandonai T**, Sanabria D. 2019. Comment on “Review of WADA Prohibited Substances: Limited Evidence for Performance-Enhancing Effects”. *Sports Medicine*. Issue 49:1135–1136 <https://doi.org/10.1007/s40279-019-01064-2>

Zandonai T, Tam E, Bruseghini P, Capelli C, Baraldo M, Chiamulera C. 2018. Exercise performance increase in smokeless tobacco-user athletes after overnight nicotine abstinence. *Scandinavian Journal of Medicine & Science in Sports*. Volume 29, 3; 465-472. <https://doi.org/10.1111/sms.13333>

Zandonai T, Lugoboni F, Zamboni L. 2018. A risk for athletes: when the desire to sleep becomes a nightmare. A brief case report on benzodiazepine addiction. *Psychopharmacology*. Volume 235, 11; 3359–3360. <http://doi.org/10.1007/s00213-018-5047-9>

Zandonai T. 2018. Doping e sostanze d'abuso. In 'In Sostanza', Lugoboni F and Zamboni L. Verona: CLAD Eds. Vol 1; 381-388. ISBN: 978-88-943422-0-8. https://play.google.com/books/reader?id=5xJhDwAAQBAJ&hl=en_GB&pg=GBS.PA379

Zandonai T, Chiamulera C, Mancabelli A, Falconieri D, Diana M. 2018. A preliminary investigation on smokeless tobacco use and its cognitive effects among athletes. *Frontiers in Pharmacology*. 9:216. <http://doi.org/10.3389/fphar.2018.00216>

Zandonai T, Tam E, Bruseghini P, Pizzolato F, Franceschi L, Baraldo M, Capelli C, Cesari P, Chiamulera C. 2018. The effects of oral smokeless tobacco administration on endurance performance. *Journal of Sport and Health Science*. 7(4);465-472. <http://dx.doi.org/10.1016/j.jshs.2016.12.006>

Holgado D, **Zandonai T**, Zabala M, Hopker J, Perakakis P, Luque-Casado A, Ciria L, Guerra-Hernandez E, Sanabria D. Tramadol effects on physical performance and sustained attention during a 20-min indoor cycling time-trial: A randomized controlled trial. 2018. *Journal of Science and Medicine in Sport*. 21(7): 654-660. <http://doi.org/10.1016/j.jsams.2017.10.032>

Chiamulera C, Ferrandi E, Benvegnù G, Ferraro S, Tommasi F, Maris B, **Zandonai T** and Bosi S. 2017. Virtual Reality for Neuroarchitecture: Cue Reactivity in Built Spaces. *Frontiers in Psychology*. 8:185 <http://dx.doi.org/10.3389/fpsyg.2017.00185>

Zandonai T, Chiamulera C, Fumagalli GF. Sport & doping. *Diagnosi & Terapia*. pp. 23 - 29. 09/04/2016. Available on: <http://www.det.it/diagnosi-e-terapia-rivista-sfogliabile-di-aprile-2016/> ISSN: 0393-4233

Morente J, **Zandonai T**, Mateo-March M, Sanabria D, Sánchez-Muñoz C, Chiamulera C, & Zabala M. 2015. Acute effect of Snus on physical performance and perceived cognitive load on amateur footballers. *Scandinavian Journal of Medicine & Science in Sports*. Aug;25(4):e423-31

<http://dx.doi.org/10.1111/sms.12321>

PROCEEDINGS

Mallia L, Zelli A, Bortoli L, Chirico A, Conti C, Diotaiuti P, Filipponi M, Robazza C, **Zandonai T**, Vitali F, Lucidi F. Doping-related media literacy and social-cognitive mechanisms underpinning doping use. 15th FEPSAC European Congress of Sport and Exercise Psychology, University of Münster, Germany, 15-20 July 2019.

Ciria L, Holgado D, Zarza JA, Goicoechea C, Salas-Montoro J, **Zandonai T**, Perakakis P, Zabala M, Correa A and Sanabria D. Psychology, Ergonomics & Physical Activity. III Jornadas científicas del CIMCYC, Granada, Spain, 16th-17th May 2019.

Zandonai T. Nicotine in sports: past, present and future. Tobacco Prevention & Cessation Journal. ENSP-CNPT International Conference on Tobacco Control, Madrid, Spain, 14-16 June 2018. Abstract: 4(Supplement):A106. <https://doi.org/10.18332/tpc/90712>. ISSN: 2459-3087.

Holgado D, **Zandonai T**, Zabala M, Ciria L & Sanabria D. 2018. Efectos nulos de la ETDC sobre la corteza prefrontal dorsolateral izquierda en el ejercicio físico autoregulado y en el EEG. III Jornadas / I Congreso nacional de investigadores en formación: Fomentando la interdisciplinariedad (JFFI), Granada, Spain, 18-22 June 2018.

Zandonai T, Bertucco M, Graziani N, Cesari P. Effects of Transcranial Direct Current Stimulation (tDCS) in supplementary motor area (SMA) on Anticipatory Postural Adjustments in Fitts' law. First Joint Congress of the SEPEX, SEPNECA and AIP experimental, Madrid, Spain, 3-6 June 2018. Poster – 68 (p 91) https://docs.wixstatic.com/ugd/1395c9_a0fc7dd4fe684660b021264bc6c24a4d.pdf

Holgado D, **Zandonai T**, Hopker J, Zabala M, Ciria L & Sanabria D. No effects of tDCS over the left prefrontal cortex on self-paced cycling and EEG. First Joint Congress of the SEPEX, SEPNECA and AIP experimental, Madrid, Spain, 3-6 June 2018. Poster – 85 (p 96) https://docs.wixstatic.com/ugd/1395c9_a0fc7dd4fe684660b021264bc6c24a4d.pdf

Zandonai T, Holgado D, Hopker J, Zabala M, Ciria L & Sanabria D. 2018. Non-invasive brain stimulation by tDCS over the left dorsolateral prefrontal cortex induces no effects on self-paced exercise and EEG. II Jornadas de Investigación: Cerebro, conducta y sociedad virtual, Granada, Spain, 17th-18th May 2018. POSTER – Abstract book. Available: <https://sites.google.com/view/cimcycworkshop/programa> (page 36).

Zandonai T, Holgado D, Perakakis P, Luque-Casado A, Ciria L, Zabala M, Guerra-Hernández E, Hopker J, Sanabria D. Tramadol and cycling performance: a double blind randomized placebo-controlled clinical trial. The 47th European Brain & Behaviour Society Meeting, Bilbao, Spain from September 8th to 11th, 2017. POSTER – Topic 6: Cognition and Behavior.

Holgado D, **Zandonai T**, Zabala M, Sanabria D. 2017. Tramadol effects on physical performance and sustained attention during a 20-min indoor cycling Time-Trial. The 14TH World Congress of Sport Psychology, 14th July 2017, Seville, Spain.

Zandonai T, Holgado D, Perakakis P, Luque-Casado A, Ciria L, Zabala M, Sanabria D. 2017. The effects of tramadol on physical performance and brain dynamics during cycling exercise: a double blind randomized placebo-controlled clinical trial. International Symposium Active Brains for All: Exercise, Cognition and Mental Health, 12th June 2017, Granada, Spain. Proceedings Book B03 p 31, available on:

https://docs.wixstatic.com/ugd/772206_24b5cf4e7d3540a8ab632c2fab989be2.pdf

Zandonai T, Graziani N, Marchesini A, Bertucco M, Cesari P. 2015. Transcranial Direct Current Stimulation (tDCS) on Anticipatory Postural Adjustments in Fitts' law. Sport Sci Health (2015) 11(Suppl 1): 1. <https://doi.org/10.1007/s11332-015-0234-0> (poster)

Zandonai T, Bruseghini P, Tam E, Capelli C and Chiamulera C. Peripheral and central effects of smokeless tobacco (snus) on exercise endurance in men. Book of Abstracts of the 20th Annual Congress of the European College of Sport Science – 24th - 27th June 2015, Malmö – Sweden. ISBN 978-91-7104-567-6 p 528-9. http://wp1191596.server-he.de/DATA/CONGRESSES/MALMOE_2015/DOCUMENTS/MALM_BoA.pdf (poster)

Zandonai T, Mancabelli A, Falconieri D, Diana M, Chiamulera C. Effects of nicotine administration via smokeless tobacco (snus) on Iowa Gambling Task in men. EBBS-EBPS Joint Meeting, Verona, Italia, 12-15 September 2015.

Zandonai T, Mancabelli A, Falconieri D, Diana M, Chiamulera C. A placebo controlled study on the effects of snus on fatigue perception and decision-making in athletes. SRNT Annual Meeting Philadelphia PA (USA) 25-28 February 2015: POS2-51 p 191-2. https://c.ymcdn.com/sites/srnt.site-ym.com/resource/resmgr/Conferences/Past_Annual_Meetings/SRNT_2015_Abstacts_WEB2.pdf (poster)

Zandonai T and Chiamulera C. Effects of snus administration on sport performance in men. IV International Congress Sport, Doping, Society. Polytechnic University of Madrid Spain. 26 February to 1 March 2014: Suplemento Especial de Materiales para la Historia del Deporte. 2014 ISSN: 2340–7166 (ID37) p 53. http://www.upo.es/revistas/index.php/materiales_historia_deporte/article/view/858/673 (poster)

Zandonai T, Baraldo M, Franceschi L, Zappamiglio T, Chiamulera C. Effects of smokeless tobacco (snus) administration on exercise endurance in men. SRNT Annual Meeting Boston MA (USA) 2013: POS3-3 p 165. https://c.ymcdn.com/sites/srnt.site-ym.com/resource/resmgr/Conferences/Past_Annual_Meetings/2013_Annual_Meeting_Abstract.pdf (poster)

EDITORIAL ACTIVITY

Reviewer for Frontiers in Behavioral Neuroscience

Reviewer for International Journal of Environmental Research and Public Health

Reviewer for Clinical Journal of Pain

Reviewer for Current Research in Physiology

Reviewer for International Journal of Environmental Research and Public Health

Reviewer Editor for Frontiers in Sports and Active Living

Reviewer for Journal of Sports Sciences

MEMBERSHIP OF SCIENTIFIC SOCIETIES

1. Full member of The European Behavioural Pharmacology Society (EBPS)
2. Full member of The European College of Sport Science (ECSS)
3. Full member of The European Brain Behavioural Society (EBBS)
4. Full member of The Italian Society of Tobaccology (SITAB)
5. Full member of The Spanish Society of Pain (SED)
6. Full member of The Human Enhancement Drugs Network (HEDN)

TRIBUNAL MEMBER OF PHD THESIS**2020**

Member at International School of Doctorate (EID-UCJC), Doctorate in Health Sciences, University Camilo José Cela "The doping phenomenon: analysis of doping data in Olympic sports and the consumption of supplements in elite Spanish athletes". Online – 25.06.2020

2019

Member at Bioengineer Institute Doctoral School at Miguel Hernández University of Elche. Thesis: "Treatment of prescription opioid use disorder in patients with chronic non-cancer pain: effectiveness, safety and pharmacogenetic markers". Sant Joan, Alicante, Spain 26.07.2019.

TEACHING**2021**

Lecturer at the Master's Degree in Sports Performance and Health at the Miguel Hernández University of Elche, c.a. 2020-2021 with a lesson on Doping among health and sport. March 2020, Elche, Alicante, Spain (online lesson).

Lecturer at the Physical Activity and Sports Sciences Degree at the Miguel Hernández University of Elche, c.a. 2020-2021 with courses on Cycling and Rugby. Elche, Alicante, Spain.

2020

Lecturer at the Master's Degree in Sports Performance and Health at the Miguel Hernández University of Elche, c.a. 2019-2020 with a lesson on Doping among health and sport. March 2020, Elche, Alicante, Spain (online lesson).

2019

Lecturer at the Clinical Pharmacology course in the School Medicine Degree of the Miguel Hernández University of Elche, c.a. 2019-2020 with a lesson on Doping and Addiction Clinical Cases. December 2019, Elche, Alicante, Spain.

Lecturer at the Master's Degree in Sports Performance and Health at the Miguel Hernández University of Elche, c.a. 2018-2019 with a lesson on Doping among health and sport. March 2019, Elche, Alicante, Spain.

Lecturer at the Master: Addiction and risk-taking behaviour (drugs, smoking, alcohol, pathological gambling, food), Co.Ge.S. don Lorenzo Milani, Società Cooperativa Sociale, Regione Veneto, with lesson on Doping and exercise addiction. 18th January 2019, Mestre (VE), Italy.

2017

Lecturer at the Master: Addiction and risk-taking behaviour (drugs, smoking, alcohol, pathological gambling, food), Co.Ge.S. don Lorenzo Milani, Società Cooperativa Sociale, Regione Veneto, with lesson on Doping and exercise addiction. 21st July 2017, Mestre (VE), Italy.

Lecturer at the Department of Psychology and Cognitive Science, University of Trento, Laboratory in methods of educational and physical sports activities, Specialization course of support teachers to students with disabilities at the secondary school.

2016

Lecturer at the Department of Psychology and Cognitive Science, University of Trento, Laboratory in methods of educational and physical sports activities, Specialization course of support teachers to students with disabilities at the secondary school.

2014

Lecturer at the Department of Psychology and Cognitive Science, University of Trento, Laboratory in methods of educational and physical sports activities, Specialization course of support teachers to students with disabilities at the secondary school.

2007

Lecturer of the course of 'The Doping in Sport' at the Faculty of Physical Education and Pedagogy, University Santo Tomas, La Serena, Chile.

TEACHING ASSISTANT FELLOW**2011-2014**

Course: Pharmacology, and Sport & Drugs, Degree in Motor Activities and Sport, School of Exercise and Sport Science, University of Verona, Italy.

2015

Course: Adapted motor learning, Master Degree Science in Preventive and Adapted physical activity, School of Exercise and Sport Science, University of Verona, Italy.

CO-SUPERVISION OF UNDERGRADUATE STUDENTS**2021**

Project: Ecdysteroids as an unconventional anabolic agent used in sport Degree in Physical Activity and Sports Sciences, Miguel Hernandez University, Elche, Spain.

Project: The use of androgenic anabolic steroids among women. Degree in Physical Activity and Sports Sciences, Miguel Hernandez University, Elche, Spain.

Project: Do have recombinant human erythropoietin (rhEPO) microdoses an effect on exercise performance? Degree in Physical Activity and Sports Sciences, Miguel Hernandez University, Elche, Spain.

2019

Project: The effects of nicotine on cortical excitability after exercise. Degree in Sport and Exercise Science, University of Verona, Italy.

Project: Physical activity in the drugs' use disorder therapy. Degree in Sport and Exercise Science, University of Verona, Italy.

Project: Evidences of the motor cortex activation in Anticipatory Postural Adjustment. Degree in Sport and Exercise Science, University of Verona, Italy.

2016

Project: Exercise Dependence on Japan running. Degree in Sport and Exercise Science, University of Verona, Italy.

2014

Project: Perception of fatigue in the central nervous system. Degree in Sport and Exercise Science, University of Verona, Italy.

Project: Painkillers in the sports. Degree in Sport and Exercise Science, University of Verona, Italy.

2013

Project: Sport and Decision-Making: experimental study on the snus effects on Iowa Gambling Task in athletes. Degree in Sport and Exercise Science, University of Verona, Italy.

2011

Project: Awareness programs against doping. Analysis of the projects proposed by WADA and Italy. Degree in Sport and Exercise Science, University of Verona, Italy.

2010

Project: Survey on psychoactive effects of smokeless tobacco use (SNUS) among skiers. Degree in Sport and Exercise Science, University of Verona, Italy

2008

Project: Doping and gyms. Survey on knowledge and opinions about doping among gyms-goers. Degree in Sport and Exercise Science, University of Verona, Italy.

CO-SUPERVISION OF MASTER STUDENTS**2021**

Project: Validation of the Portuguese version of the Performance Enhancement Attitude Scale (PEAS) questionnaire among Brazilian athletes. Master in Sports Performance and Health, Miguel Hernandez University, Elche, Spain.

2020

Project: Substance use among combat athletes relationship with health and doping. Master in Sports Performance and Health, Miguel Hernandez University, Elche, Spain.

2016

Project: Transcranial direct current stimulation (tDCS) and its effects on motor control during a task with applied Fitts' law. Master Degree Science in Preventive and Adapted Physical Activity, University of Verona, Italy.

Project: Excitation and inhibition of motor cortex by tDCS and its effects on modulation on anticipatory postural adjustments (APA). Master Degree Science in Preventive and Adapted Physical Activity, University of Verona, Italy.

Project: Effects of nicotine on muscle vasoreactivity. Master Degree Sport Science and Physical Performance, University of Verona, Italy.

2015

Project: Effects of smokeless tobacco (Snus) on Iowa Gambling Task in athlete snus-users. Master Degree Sport Science and Physical Performance, University of Verona, Italy.

Project: Effects of Snus on tissue oxygenation in athletes. Master Degree Sport Science and Physical Performance, University of Verona, Italy.

Project: Effects of Snus on cardiopulmonary responses at exhaustion exercise. Master Degree Sport Science and Physical Performance, University of Verona, Italy.

2013

Project: Perception of fatigue: effects of nicotine administration by snus during endurance exercise. Master Degree Sport Science and Physical Performance, University of Verona, Italy.

INVITE LECTURES

Title: The messages 'pro-doping' in the sports environment, Online for the class of High Sport School "Antonio Roiti". 28th October 2020, Ferrara, Italy.

Title: The messages 'pro-doping' in the sports environment, Online for the class of High Sport School "Paolo Serpieri". 28th October 2020, Forlì, Italy.

Title: The messages 'pro-doping' in the sports environment, at High Sport School "Antonio Pacinotti". 5th February 2020, Rome, Italy.

Title: The messages 'pro-doping' in the sports environment, at High Sport School "Benedetto Croce". 30th January 2020, Rome, Italy.

Title: The messages 'pro-doping' in the sports environment, at High Sport School "Primo Levi". 29th January 2020, Rome, Italy.

Title: Report and scientific research: different ways in the fight against doping, at Department of Pharmacy and Biotechnology – FaBiT at the University of Bologna, Italy. 20th June 2019, Bologna, Italy.

Title: The messages 'pro-doping' in the sports environment, Department of Movement, Human and Health Sciences at the University of Rome "Foro Italico". 1st April 2019, Rome, Italy.

Title: The health protection as weapon against doping, organized by the BIND-Behavioral Imaging and Neural Dynamics Centre Department of Medicine and Aging Sciences "G. d'Annunzio" University of Chieti-Pescara. 16th January 2019, Chieti, Italia.

Title: The importance of Education in the fight against doping in sport environment, Department of Human, Social and Health Science at the University of Cassino. 17th December 2018, Cassino, Italy.

Title: The educational strategies in the fight against doping, at the National Conference of Physical Education Coordinators organized by the Department for the Educational and Education System of the Italian Ministry of Education, University and Research (MIUR). 6th June 2018, Montecatini (PT), Italia.

Title: Effects of Snus on exercise performance, at Alpine Training Center, Italian State Police (Fiamme Oro). 9th May 2018, Moena (TN), Italia. (Plenary Session).

Title: Doping a general perspective, at Centro Universitario San Isidoro, University Pablo Olavide of Sevilla, Spain. 27th November 2017

Title: Smokeless Tobacco and nicotine addiction, at the XIII NATIONAL SITAB (*Italian Society of Tobaccology*) CONGRESS. Scenarios of the smoking addiction epidemic: New threats and therapeutic strategies. 16-17 November 2017, Bologna, Italy.

Title: The "nice" of movement. Psychobiological aspects of physical exercise, at Let's move between duty and pleasure. From the promotion of physical activity to the prescription of physical exercise. At Ospedale dell'Angelo, Auditorium Padiglione G. Rama, Regione Veneto. 9th November 2017, Venice-Mestre, Italy.

Title: The development of educational strategies and programmes in the field of anti-doping: the importance of Education, at ISF (International School Sport Federation) School Sport Seminar, from 10th till 13th October 2017, Olbia, Italy. (Plenary Session).

Title: Doping and health, at the High School Institute "Aldo Pasoli". 20 January 2014, Verona, Italy.

Title: Health Objective - Use and Abuse of Drugs: Drugs and Doping, at the High School Institute "Aldo Pasoli". 16-17 January 2013, Verona, Italy.

Title: The perception of the danger of drugs in sport: observational survey in athletes, at the School of Medicine and Surgery, University of Modena and Reggio Emilia, November 24th, 2010, Reggio Emilia, Italy.

Title: Health and movement - To promote healthy lifestyles by promoting autonomy, at the Municipal Hall Square, September 10th, 2010 Caorle (VE), Italy.

Title: Among lawful and drugs - drugs and sport, at the Middle School Muttoni of Vicenza - December 15th, 2009. Vicenza, Italy.

Title: Drugs and Drugs. The motivations behind the use of doping substances and one of the possible ways out: a personal experience, at the Middle School Muttoni of Vicenza - Italian Project of the Italian Union Sport for All (UISP) entitled: "Mom, talk about doping" November 29th, 2008. Vicenza, Italy.

Title: The motivations behind the use of doping substances and one of the possible ways out: a personal experience, at John XIII Theater of Belluno. Italian Project of the Italian Union Sport for All (UISP) entitled: "Mom, talk about doping" – November 13rd, 2008. Belluno, Italy.

Title: The doping: doping substances a risk for the health, at the University of the Sea. June 8th, 2007. La Serena, Chile.

ORAL PRESENTATIONS

Title: Effects of snus administration on sport performance in men, at the Polytechnic University of Madrid, Spain, at the IV International Congress Sport, Doping, Society. Madrid, Spain from 26 February to 1 March 2014.

SEMINARS

2021

Title: Narcotics, stimulants and steroids. The substances monitored by WADA and making discussion. Webinar. 10th June 2021. At Master in "Chemical-toxicological forensic analysis". Department of Pharmacy and Biotechnology – FaBiT at the University of Bologna, Italy.

2021

Title: Drugs and sport: friends or foe? At the PhD School in Sports Sciences of the Miguel Hernández University of Elche, Spain. 4-6 May 2021.

2020

Title: Sports and medications: friends or foe? At the PhD School in Bioengineering of the Miguel Hernández University of Elche, Spain. 22nd May 2020.

PARTECIPATION AT ADVANCED COURSES

Scientific Sessions of Medical Research - 7th Edition – at the Alicante Phase I Clinical Trials Unit (UECA) of the Department of Health of Alicante University General Hospital, Alicante, Spain, from 11 January 2019 to 27 December 2019. Registration n.: 160007100045A Activity Accredited by the Commission for Continuing Education of the Spanish National Health System, Ministry of Health, Social Services and Equality (Spain).

Introduction to the responsibilities of researchers in Good Clinical Practice (GCP) at the C.R.O. Delos Clinical, Sevilla, Spain, 4 July 2016.

Lecture and Practical Course on Science Publishing & Communication and How to Apply & Interview for Scientific – Dr Ralf Dahm, Director of Scientific Management - Institute of Molecular Biology (IMB), Mainz, Germany – Trento, Italy, 2-3 March, 2013.

Summer School of Communication of Scientific Research. 22-26 August 2011, Pieve Tesino (TN), Italy.

Clinical Abuse Liability training: 19-20 July 2011, Ware, UK.

5th Summer School of Science, Communication, Society. Science for the future. innovation, sustainability, uncertainty. 3-8 July 2011, Turin, Italy.

HONORS & AWARDS

Grant from the Ministry of Economy, Industry and Competitiveness of Spain for the project: Inclusive A-judo: physical education intervention program to prevent bullying towards students with disabilities 2021: PID2020-118826RA-I00 (47311 €).

Grant from World Anti-doping Agency (WADA) for the research project: Clinical trial on the effects of the tramadol and paracetamol on physical, cognitive and brain performance during cycling. Montreal (Canada). 2017. (112,000.00 US\$).

Grant from the Ministry of Economy, Industry and Competitiveness of Spain for the project: Putting the brain to work: Self-paced acute aerobic exercise and executive control. 2016. PSI2016-75956-P (MICINN: 201 2020) (54500 €).

Grant from World Anti-doping Agency (WADA) for the research project: Tramadol and sport: Effects on physical and sustained attention performance during cycling exercise. Montreal (Canada). 2016. (75,000.00 US\$).

Grant from World Anti-doping Agency (WADA) for the research project: Effects of Snus administration on sport performance. Montreal (Canada). 2014. (99,600.00 US\$).

Grant from University of Verona (Italy) for an extramural research program in School of Psychology, University of Sussex, Brighton UK. 2013. (4000 Euro).

National Prize Competition 'Ideas for ways of smoking' - Youth Area – Project title: 'The tunnel of craving'. Competition sponsored by: LILT Italian League Against Cancer, National Center for Prevention and Disease Control CCM, Emilia Romagna Region, Reggio Emilia, Italy. 13rd December 2010.

TECHNICAL SKILLS**Human Lab:**

- Ethical Committee applications, protocol design, participant recruitment and randomization.
- Substance's administration in Clinical Trials.
- Subjective rating procedures and use of questionnaire assessments (e.g., FTND, QSU-brief, VAS, POMS, BORG Scale).
- Physiological and neurophysiological instruments laboratory (e.g., metabolic cart, photoplethysmography, Near-infrared spectroscopy (NIRS), Transcranial magnetic stimulation (TMS)), Transcranial Direct Current Stimulation (tDCS), Eye-tracking, Electroencephalography (EEG)).

LANGUAGE SKILLS

- **Italian:**
native
- **English:**
fluent
- **Spanish:**
fluent

SKILLS

- Highly motivated
- Good communicator
- Experienced in coordination and teamwork
- Supervisor experience
- Good flexibility and adaptation in the work and personal environment

Alicante, Spain. 27th October 2021