CURRICULUM VITAE ET STUDIORUM

CLAUDIO SINGH SOLORZANO

Date of birth	21/11/1994
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RESEARCH EXPERIENCE

01/11/19-ongoing

PhD candidate in Cognitive, Social and Affective Neuroscience, Department of Psychology – Sapienza University of Roma (Roma, Italy)

Supervisors: Prof. Cristiano Violani, Prof. Caterina Grano

I am working in Prof. Cristiano Violani's Clinical Psychophysiology and Health Psychology Laboratory, mainly on psychosocial 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 the COVID-19 pandemic with a focus on preventive behaviours.

01/03/2018-31/08/2018

Pre-lauream internship (Master's degree) at **Psychobiology Group Laboratory** (Group Leader: prof. Andrew Steptoe), Department of Behavioural Science and Health – Institute of Epidemiology and Health Care, University College London, UCL (London, United Kingdom)

Research project: "*Emotional factors and coronary heart disease*"

Supervisors: Prof. Andrew Steptoe, Dr. Lydia Poole

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, conceptualising, analysing, and interpreting clinical and psychological data, and presenting research plans and analyses in English. I have acquired a greater knowledge of the 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 learned 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 analysing different types of data and has developed knowledge and skill in writing and preparing papers for publication in peer-reviewed journals.

01/11/2017-28/02/2018

Research Assistant at Psychophysiology Laboratory (Group Leader: prof. Daniela Palomba), Department of General Psychology – University of Padova (Padova, Italy)

Supervisor: Prof. Daniela Palomba

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.

12/10/2015-10/10/2016

Pre-lauream internship (Bachelor's degree) at **Mental Health Department** of "ULSS 8 Berica", Vicenza (Vicenza, Italy)

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

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 organised by the Rehabilitation Department and attended weekly staff meetings. Moreover, I developed 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.).

EDUCATION

01/11/2019-ongoing

International PhD candidate in Cognitive, Social and Affective Neuroscience (CoSAN), Sapienza University of Roma (Roma, Italy)

06/10/2016-14/10/2019

Master's degree in "**Clinical Psychology**", Department of General Psychology, University of Padova (Padova, Italy).
Thesis: *'Emotional and Cortisol Response in Caregivers of Coronary Artery Bypass Graft Surgery Patients'*
Supervisors: Prof. Daniela Palomba, Prof. Andrew Steptoe, Dr. Lydia Poole

10/09/2013-26/09/2016

Bachelor's degree in "**Psychological Sciences and Techniques**", Department of Developmental Psychology and Socialisation, University of Padova (Padova, Italy).

Thesis: '*Evaluation of Assertiveness Training for Psychiatric Patients of a Psychosocial Rehabilitation Service*'

Supervisor: Prof. Paolo Michielin

12/09/2008-15/07/2013

Scientific High School, Liceo Scientifico G.B. Quadri, Vicenza (Vicenza, Italy)

MAIN COURSES, CONFERENCES, AND WORKSHOP ATTENDED

14/07/2021

Attendance to "*Integrating Psychophysiology and Psychotherapy to Improve Health*", prof. Patrick R. Steffen (Brigham Young University), Sapienza University, Rome, Italy, online seminar.

23, 30/06/2021 & 07/07/2021

Attendance to '*Understanding media and how to work with them*', Dr. Davide Pagnanelli, Fondazione Santa Lucia, Rome, Italy, online course.

17/06/2021,

Attendance to *"Think Open Rovereto Workshop – La Scienza Aperta nelle Applicazioni Cliniche"*, Trento University, online workshop.

24-27/05/21

Summer School in "*Introduzione all'Analisi dei Dati con R*", curatorship: Prof. Fabio Presaghi, Sapienza University, Rome, Italy, online Summer School.

Final grade: Attendance certificate with the assignment of 4 CFU.

14/05/2021

Attendance to *'Power Analysis Course'*, prof. Marco Perugini (*"Foundation of power analysis and practical implementations in GPower"*) and prof. Giulio Costantini (*"Simulations of power analysis for complex experimental designs in R"*), Sapienza University, Rome, Italy, online course.

30/04/2021

Attendance to *"Neuroscience goes social 4.0: The Plasticity of Body Representation and Social Perception"*, (Speakers: prof. Giuseppe Riva (Università Cattolica del Sacro Cuore, IT) prof. Domna Banakou (Universitat de Barcelona), prof. Lucia Garrido (City, University of London, UK) and dr. Alessandro Monti (Sapienza University, IT), Sapienza University, Rome, Italy, online seminar.

09-11/03/2021

Attendance to *"General Introduction to Biofeedback Peripherals"*, Association for Applied Psychophysiology and Biofeedback (AAPB), online workshop.

Final grade: Attendance certificate.

31/01/2021,

Attendance to '*Society for Social Neuroscience Annual Meeting – S4SN 2020*', online meeting.

23/11/2020

Attendance to *'Reproducing analyses in biological psychology'*, prof. Daniël Lakens (Eindhoven University of Technology), Adina Wagner (Research Center Jülich), and Andreas Brandmaier (Max Planck Institute for Human Development), German Society for Psychophysiology and its Application & Section Biological Psychology and Neuropsychology of the German Psychological Society, online symposium.

6, 7, 14, 21/11/2020

Attendance to '*Biofeedback and Neurofeedback – Clinical application and treatment protocols*', Psychophysiology Service, University of Padova, Padova, Italy, online course. 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.

01/11/2019-31/10/2020

Attendance to *'An Introduction to Structural Equation Models (SEM)'* (prof. Michele Vecchione), '*Variance Analysis (ANOVA)*' (prof. Laura di Giunta), '*Stereotype Threat in the Workplace: Health and Safety Outcomes of Pregnancy and Work-Family Stereotype Threats'* (prof. Thaira Michelle Probst), '*Introduzione alla mediazione, alla moderazione e ai processi condizionali'* (prof. Guido Alessandri), *"Job Insecurity: Definitions, Measurement and Outcomes"* (prof. Antonio Chirumbolo), '*Cluster Analysis*' (prof. Maria Gerbino), '*Positivity and Personality*' (prof. Gian Vittorio Caprara), '*Scientific Writing'*(prof. Arnaldo Zelli), '*Factoral Invariance*' (prof. Claudio Barbaranelli) and other seminars/courses of the PhD in Personality and Organisational Psychology, Department of Psychology, Sapienza University of Roma (Roma, Italy)

2-4/09/2020

Attendance to '*XXVI Congresso Nazionale della Sezione di Psicologia Sperimentale dell'Associazione Italiana di Psicologia*', Online Conference

12/08/2020

Attendance to '*Reduce Tech Stress By Enhancing Healthy Working at the Computer with Biofeedback*' (prof. Erik Peper) online seminar (Thought Technology seminars)

10-11/07/2020

Attendance to '*Think Open Rovereto Workshop (1ˢᵗ edition)*', Online Workshop

2/07/2020

Attendance to '*Experimental Psychology Society Online Meeting*', Online Conference

11-12/06/2020

Attendance to Reading Emotions Symposium '*Emotional and Cognitive Flexibility - From neurobiological underpinnings to resilience in daily life*', University of Reading, Online Conference

08/06/2020

Attendance to '*Enhancing heart rate variability biofeedback with mindfulness and self-compassion*' (prof. Inna Khazan) online seminar (Thought Technology seminars)

11/05/2020

Attendance to '*Heart Rate Variability (HRV), its Measurement, and Epidemiology*' (prof. Richard Gevirtz) online seminar (Thought Technology seminars)

28/02/2020

Attendance to '*The Body in the Brain & The Social World*' seminar (Speakers: prof. Sarah Garfinkel, prof. Giovanni Pezzulo, dr. Maria Serena Panasiti, prof. Andrea Serino)

19/03/2018-12/06/2018

Attendance to '*Quantitative and Qualitative Research Methods*', '*Cardiovascular disease*' and other lecturers of the MSc in Health Psychology, Department of Behavioural Science and Health, University College London (London, United Kingdom)

29/01/2018-10/02/2018

Winter School in '*Food and Health*', Department of Land, Environment, Agriculture, and Forestry, University of Padova (Padova, Italy)

The Winter School program 'Food & Health' focused on the most relevant aspects of food quality and human nutrition in order to understand how they are related and how they affect human health through dietary habits. Final grade: Final exam passed with the assignment of 6 ECTS

30/05/2017-07/06/2017

Advanced Course for Scientific Research (CARS) in '*Psychotoolbox di Matlab e Matlab di Base*', Department of General Psychology, University of Padova (Padova, Italy)

Final grade: Final exam passed with a certificate of attendance

CERTIFICATE AND AWARDS

01/12/2020-ongoing – Research Fellow for Research Activity on *"Determinanti psicofisiologiche della sintomatologia depressiva in momenti di vita stressanti: la gravidanza"*, scientific supervisor: Prof. Cristiano Violani/Prof. Caterina Grano, Department of Psychology, Sapienza University, Roma, Italy

01/02/2020-31/07/2020 – Junior Scholarship for Research Activity on "*Raccolta di dati elettrofisiologici (ECG) e comportamentali in partecipanti in gravidanza e non, sulla registrazione e sull'analisi dei dati con*

metodologie statistiche avanzate e sulla scrittura dei risultati", scientific supervisor: Prof. Cristiano Violani, Department of Psychology, Sapienza University, Roma, Italy

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** (expires 06/12/2019)

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

13/05/2012 – European Computer Driving Licence (ECDL)

PUBLICATIONS

Wang K., Goldenberg A., Dorison, C.A., Miller, J.K., Uusberg, A., Lerner, J.S., Gross, J.J., Agesin, B.B., Bernardo, M., Campos, O., Eudave, L., Grzech, K., Ozery, D.H., Jackson, E.A., Luis Garcia, E.O., Drexler, S.M., Jurković, A.P., Rana, K., Wilson, J.P., … [**Singh Solorzano, C.**] … Moshontz, H. (2021). A multi-country test of brief reappraisal interventions on emotions during the COVID-19 pandemic. *Nat Hum Behav* **5,** 1089–1110. https://doi.org/10.1038/s41562-021-01173-x

Singh Solorzano, C., Leigh, E., Steptoe, A., Ronaldson, A., Kidd, T., Jahangiri, M., Poole, L., (2021). The impact of caregiving burden on mental well-being in coronary artery bypass graft surgery caregivers: The mediatory role of perceived social support. *Int. J. Environ. Res. Public Health* 18, 5447. https://doi.org/10.3390/ijerph18105447

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., Di Pucchio, A., Grano, C. (2021). Salute mentale e comportamenti preventivi durante la seconda fase dell'emergenza da COVID-19. *Proceedings of XIV Convegno Nazionale di Psicologia Dell'Invecchiamento.* University of Padova, Italy.

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.* University of Padova, Italy.

SOFTWARE KNOWLEDGE

- 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 Psychotoolbox, 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)

PRACTICAL SKILLS

- Physiological recording – Electrocardiography recording, heart rate monitoring, pain and stress inductions, biofeedback procedures, ECG, skin conductance and skin temperature data acquisition.

- 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.

- Qualitative Analysis – Questionnaire development and factor analysis, sampling and coding protocols, interviewing, administration of questionnaires and stress tests.

LANGUAGE SKILLS

Languages – Spanish, Italian (mother tongue), English (B2)

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

Date: 05/10/2021   Signature: