


# Valeria Vitale

Doctoral Student in Social Psychology

## PERSONAL DATA

	<p><b>Current Address:</b> Rome Italy</p> <p><i>Place and date of birth:</i> Capri, 28 December 1995</p> <p><i>Nationality:</i> Italian</p> <p><b>+39-3391906341</b></p> <p><b><a href="mailto:valeriavitale.psy@gmail.com">valeriavitale.psy@gmail.com</a></b></p>	<p><b>Current Employment</b> <i>(November 2021 – Present)</i></p> <p><b>PhD Student</b> in Social Psychology <i>Department of Developmental and Social Psychology</i> Sapienza, University of Rome (IT)</p>
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## EDUCATION

<u>July 2019</u>	<p><b>Master's Degree in Applied Cognitive Psychology</b></p> <p>University of Padua - Padua (IT) Degree mark: <u>110L/110</u> Dissertation in <i>Environmental Psychology</i>: Environment and restorative qualities: Do the presence of plants affect the performance of a working memory task?</p>
<u>July 2017</u>	<p><b>Bachelor's Degree in Sciences and Psychological Techniques</b></p> <p>University of Federico II – Naples (IT) Degree mark: <u>106/110</u> Dissertation in <i>Developmental Psychology</i>: How to express yourself to be understood: Some adolescents' ways of self-expressiveness.</p>
<u>2014</u>	<p><b>High School Diploma</b> specializing in Modern Languages</p> <p>High School "Eleonora Pimentel Fonseca" – Naples (IT) Studied foreign languages: English, French, German</p>

## RESEARCH INTERESTS

- The influence of emotion on cognitive processes
- Emotion regulation strategies
- Social interaction and interpersonal communication
- Affective appraisal of environmental stimuli
- Coping and well-being

## RESEARCH EXPERIENCE

<p><u>April 2021 – Oct 2021</u></p>	<p style="text-align: center;"><b>Research Assistant</b> <i>Department of Cognition, Emotion, and Methods in Psychology</i> UNIVERSITY OF VIENNA (AT)</p> <p>I worked with Drs. Mathew White and Sabine Pahl on a research project about the potential long-term benefit of childhood exposure to blue places on adult well-being, using a large dataset from the <a href="#">BlueHealth</a> International survey. Specifically, we aimed to test an innovative model about the psychological pathway underlying the effects of childhood exposure to nature on adult wellbeing.</p>
<p><u>Sep 2020 – Jan 2021</u></p>	<p style="text-align: center;"><b>Research Assistant – post-grad training</b> <i>Department of Experimental Psychology</i> UNIVERSITY OF GRANADA (ES)</p> <p>I collaborated with Dr. Juan Lupiáñez Castillo on a research project about the influence of different affective states (in terms of valence, arousal and categorial) on the Attentional Network and Vigilance systems, using the ANTI-VEA task. Main tasks performed: research proposal, literature review of previous studies on the topic, participation in weekly meeting with the research group, creation of the questionnaire, data analysis and drafting of the paper still in progress (for subsequent publication).</p>
<p><u>Nov 2019 – May 2020</u></p>	<p style="text-align: center;"><b>Research Assistant – post-grad training</b> <i>Department of Social Psychology</i> UNIVERSITY OF AMSTERDAM (NL)</p> <p>I collaborated with Dr. Marc W. Heerdink on a research project about the influence of emotions on attitudes formation and change, specifically about the interpersonal effect of emotional expression on persuasion. Main tasks: literature review of previous studies on the topic, participation in Lab-meeting and conference, creation of the questionnaire, data analysis, report of the results and drafting of the paper (for subsequent publication).</p>
<p><u>May – June 2020</u></p>	<p style="text-align: center;"><b>Research Assistant</b> <i>Department of Social Psychology</i> UNIVERSITY OF AMSTERDAM (NL)</p> <p>Collaboration with Drs. Disa Sauter, Rui Sun and other international researchers in a research project about emotional experience and well-being during the Covid-19 pandemic, in different countries. Main tasks: translation of the questionnaire from English into Italian, collaboration in the formulations of the research hypotheses, research and using of secondary datasets in reference to the Covid-19 spread, participation in the data analysis phase and in the writing of the paper (published).</p>

<p><u>March – June 2019</u></p>	<p style="text-align: center;"><b>Research Assistant – Internship</b>  <i>Department of Psychology</i>            KEELE UNIVERSITY (UK)</p>
	<p>I collaborated with Dr. Alexandra Lamont in a research project, about the relationship between music, emotion and autobiographical memory.            Gained experience of working with different types of data, obtained from 3 experiments. I carried out a complex content analysis of open-ended comments, using NVivo and Excel for the presentation of results.            Duties included: searching and reading of previous literature on the topic, creation of questionnaires, preparation of stimuli, analysis of qualitative and quantitative data, final analysis report for the paper (<i>submitted paper</i>).</p>

<p><u>Nov 2018 – Feb 2019</u></p>	<p style="text-align: center;"><b>Research Intern</b>  <i>Department of General Psychology – Environmental psychology</i>            UNIVERSITY OF PADUA (IT)</p>
	<p>I worked under supervision of Dr. Francesca Pazzaglia with a research project about environmental psychology. Specifically, the research project aimed to investigate the potential influence of the indoor plants’ presence on emotional states and on the performance during a working memory task. I worked independently in conducting all the experimental procedures (recruitment of participants, preparation of laboratory settings and conducting assessments) and I carried out the scoring and data analysis of the different types of data, obtained from the tests used. Finally, I dedicated myself to the writing of my master’s degree dissertation. My specific responsibilities included: recruitment of participants, preparation of laboratory settings, conducting assessments, scoring, data analysis and dissemination of findings.</p>

## AWARDS/GRANTS

- Erasmus+ for Traineeship, 2019, University of Padua, used to carry out an internship abroad (UK).
- “Mille e una lode” grant 2018-2019, from the University of Padua, used as integration of Erasmus scholarship.

This is a scholarship for merit that the university assigns to the best students (about 3% for each course of study) based on the number of exams taken and their respective marks.

## PUBLICATIONS & PRESENTATIONS

- **Vitale, V.** (2021, October). *“Contact with blue spaces in childhood and adulthood and psychological well-being: An 18-country analysis”*. Presented at the biennial meeting of the International Conference on Environmental Psychology (ICEP). (*Submitted for publication*)
- *Under review*: A. Lamont, M. Anglada-Tort & **V. Vitale**. (2021). Influencing musical memories: How and why young adult listeners ‘remember’ music over long-time spans.
- Sun, R., Balabanova, A., Bajada, C. J., Liu, Y., Kriuchok, M., Voolma, S., ... Sauter, D. (2020, June 2). Emotional experiences and psychological wellbeing around the world. <https://doi.org/10.31234/osf.io/r7xaz>.

## LANGUAGE SKILLS

Mother tongue	<u>Italian</u>				
Foreign languages	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
<u>English</u>	Advanced	Advanced	Advanced	Advanced	Advanced
<u>French</u>	Intermediate High	Intermediate High	Intermediate Low	Intermediate Low	Intermediate High
<u>German</u>	Basic user	Basic user	Basic user	Basic user	Basic user

## OTHER SKILLS

Communication / Organisational skills	<ul style="list-style-type: none"> <li>- Excellent written and verbal communication skills</li> <li>- Ability to work independently</li> <li>- Good organizational and problem-solving skills</li> <li>- Teamwork (I like working with people with different points of view)</li> <li>- Strong motivation and Attention to detail</li> <li>- Presenting and Academic writing</li> </ul>
Digital skills	<ul style="list-style-type: none"> <li>- Competent with most Microsoft Office programmes</li> <li>- Proficiency with SPSS, Jamovi, NVivo, Qualtrics software</li> <li>- Basic knowledge of R</li> <li>- Good mastery of photo, video and music editing software.</li> </ul>

- March – July 2022: Participation in the Micro-programme in Science Communication: Sharing knowledge and creating connections
- 2022: Reviewing activities for the Journal of Environmental Psychology (JEVP)

Rome, 2 May 2022