



HAJAR AL NAQSHBANDI

PHD STUDENT

CONTACT

✉ hajarsinan.alnaqshbandi@uniroma1.it

📍 Via dei Marsi, 78|00185|Rome

🌐 <https://agliotilab.org/lab-staff/phd-students/1st-year/hajar-sinan-hassan-al-naqshbandi#anchor>

EDUCATION

LA SAPIENZA UNIVERSITY OF ROME

2023 - ongoing

PhD in Cognitive Social and Affective Neuroscience

2020 - 2022

Master of Cognitive Neuroscience

UNIVERSITY OF YORK

2013- 2017

Masters of Psychology in Psychology

SKILLS

- Attention to detail
- Organisational skills
- Presentation skills
- Teamwork
- Adaptability
- Effective communication
- Critical thinking

LANGUAGES

- English ●●●●●
- Kurdish ●●●●●
- Arabic ●●●●●
- Italian ●●●●●

WORK EXPERIENCE

COGNITIVE SOCIAL AFFECTIVE NEUROSCIENCE LAB

PhD student

2023- 2026

- Theoretical research for project proposal and submission for ethics committee and grant writing
- Project presentations for lab meetings
- Attending conferences and seminars
- Data collection, administering and scoring questionnaires, data analysis
- Physiological data- cardiac and gastric activity

SANTA LUCIA FOUNDATION IRCCS

Research assistant

APRIL-NOVEMBER

2023

- Young researcher scholarship
- Laboratory of Social Neuroscience working on Neurovisceral mechanisms of blood pressure regulation: novel therapeutic targets for borderline hypertension
- Project proposal, participant recruitment, data collection, data analysis
- Magnetic Resonance Safety Training Course

AGLIOTI LAB SOCIAL AND COGNITIVE NEUROSCIENCE

Research assistant

MARCH-JULY

2022

- Data collection
- Learning and administering interoceptive tasks: water-load task and heartbeat counting task

JOEL NAFUMA REFUGEE CENTRE

Counselling and Psychotherapy Team

DECEMBER 2017-

MARCH 2019

- Assist service users through therapeutic practices: active listening, empathy, acceptance, witnessing & containment
- Used following approaches: mindfulness, storytelling and metaphors
- Liaised with NGOs to build a network of support to help meet the basic needs of service users: housing, jobs and food

UNIVERSITY OF YORK

Research assistant

JUNE-AUGUST

2015

- Participant recruitment
- Data collection & handling

REFERENCE - AVAILABLE UPON REQUEST

P U B L I C A T I O N S & C O N F E R E N C E S

- Al-Naqshbandi, H.; Salaris, A.; Grimaldi, R.; Provenzano, L.; Basile, B.; Ottaviani, C.; Porciello, G., **Boosting cardiac interoceptive awareness in borderline hypertension: from virtual reality to mindfulness-base interventions** BRNet 2024 conference; The Sensing Body: Interoceptive and Exteroceptive Influences on Body. (Verona)
- Vivarelli, C., Mattei, E., Mancini, M., Al-Naqshbandi, H., Salaris, A., Porciello, G., Ottaviani, C., Calcagnini, G., **Assessment of the efficacy of LBNP stimulation in fMRI studies**. GNB 2025 (IX Congress of the National Group of Bioengineering)
- Al-Naqshbandi, Hajar; Salaris, Andrea; Provenzano, Luca; Aglioti, Salvatore Maria; Porciello, Giuseppina; **Psychophysiological correlates and clinical implications of body-related self-disgust** (2025). (Intervento presentato al convegno Body-Brain Waves (III Edition) tenutosi a Maastricht, Netherlands).
- Al-Naqshbandi, Hajar; Salaris, Andrea; Provenzano, Luca; Aglioti, Salvatore Maria; Porciello, Giuseppina., **Characterising the psychophysiological experience of being underweight or obese: Preliminary Evidence from a Virtual Reality Study**. (2025). (Intervento presentato al convegno ERICE INTERNATIONAL SCHOOL OF NEUROSCIENCE - The role of the autonomic nervous system in stress response and resilience tenutosi a Erice).
- Ottaviani, C., Salaris, A., Provenzano, L., Al-Naqshbandi, H., Grimaldi, R., Yucel, S., Basile, B., Mattei, E., Porciello, G., **Examining the role of interoceptive abilities in blood pressure-related hypoalgesia**—American Psychosomatic Society -annual meeting
- Salaris, A., Pietrarota, C., Grimaldi, R., Al-Naqshbandi, H., Ottaviani, C., Porciello, G., **The role of pain, acute stress and interoception in patients with borderline hypertension** - SIPP 2023; Società Italiana di Psicofisiologia e Neuroscienze Cognitive
- Salaris, Andrea; Cantoni, Chiara; Ottaviani, Cristina; Porciello, Giuseppina; AL-NAQSHBANDI, Hajar Sinan Hassan; Carnevali, Luca; Provenzano, Luca; Ciccarone, Sofia. **Exploring typical and atypical interoceptive patterns in Hypertension and Gastrointestinal Disorders: Clinical Relevance and Insights for interventions**, (2024). (Intervento presentato al convegno AIP Sperimentale 2024 XXX Congresso tenutosi a Noto).
- Salaris, Andrea; AL-NAQSHBANDI, Hajar Sinan Hassan; Grimaldi, Rachele; Ravenda, Sebastiano; Provenzano, Luca; Carnevali, Luca; Ottaviani, Cristina; Porciello, Giuseppina. - **Psychophysiological response to acute stress and interoceptive patterns in Borderline Hypertension: Insights for clinical relevance**, (2025). (Intervento presentato al convegno ERICE INTERNATIONAL SCHOOL OF NEUROSCIENCE - The role of the autonomic nervous system in stress response and resilience tenutosi a Erice).
- Al-Naqshbandi, H., Salaris, A., Provenzano, L., Aglioti, S.M., Porciello, G.. **Psychophysiological correlates and clinical implications of body-related self-disgust**. Oral presentation at conference : Body-Brain Waves (III Edition). 26-28th June 2025, Maastricht, Netherlands.
- Al-Naqshbandi, H., Salaris, A., Provenzano, L., Aglioti, S.M., Porciello, G.. **Characterising the psychophysiological experience of being underweight or obese: Preliminary Evidence from a Virtual Reality Study**. Poster presentation at a conference ERICE INTERNATIONAL SCHOOL OF NEUROSCIENCE - The role of the autonomic nervous system in stress response and resilience. 8-13th June, Erice, Italy.