Ilde Pieroni

ilde.pieroni@uniroma1.it |

Education

2022 - present	**PhD Program in Psychology and Cognitive Science, Sapienza University of Rome, Italy**

Supervisor: Prof. Antonino Raffone

2021 – 2022	**Postgraduate qualification in "Mindfulness: practice, clinical applications and neuroscience", Sapienza University of Rome, Italy**

Thesis "Sensory-processing sensitivity and mindfulness" under the supervision of Prof. Antonino Raffone and Dr. Luca Simione.

Grade: 110/110 *cum Laude*

2012 – 2015	**MSc in Neuroscience, University of Geneva (UNIGE), Switzerland**

Master thesis "Effects of thought suppression on visual perception" under the supervision of Prof. Sophie Schwartz and Dr. Ralph E. Schmidt.

Grade: 6/6

2008 – 2012	**Bachelor's Degree in Sciences of Behaviour and Social Relations, University of Bologna (UNIBO), Italy**

Bachelor thesis "The role of emotions and prospective memory on moral decision making" under the supervision of Prof. Elisa Ciaramelli.

Grade: 103/110

Research Experience

Jan. 2021 – Present	**Research Assistant**
	Center of Sleep Medicine, Villa Serena Hospital (Pescara, Italy)

Involved in several research projects and activities of the Center, mainly:
- retrospective study on sex and gender differences in clinical and polysomnographic features of obstructive sleep apnea (OSA)
- multicenter study on the effect of CPAP treatment on cognitive functions of patients with Alzheimer's disease and OSA

Main tasks:
- Assistance in the preparation and submission of study protocols
- Data collection and analysis
- Preparation of scientific manuscripts, abstracts, and posters

Oct. 2016 – Sept. 2020	**Research Assistant**
	Department of Neuroscience, Psychology, Drug Research and Child Health (NEUROFARBA), University of Florence (Florence, Italy) and Center of Sleep Medicine, Villa Serena Hospital (Pescara, Italy)

Research project on the role of REM sleep behavior disorder in the differential diagnosis of Alzheimer's disease and dementia with Lewy Bodies.

Main tasks:
- Design of the research project
- Participants' screening (n= 35) and recruitment (n= 21)

- Data collection and analysis (sleep diary, clinical interview, video-polysomnography)
- Preparation of scientific manuscripts (ongoing)

<u>Supervisors</u>: Prof. Sandro Sorbi (NEUROFARBA) and Biancamaria Guarnieri, MD (Center of Sleep Medicine)

March 2013 – Sept. 2015	**Master Internship** *Laboratory for Behavioral Neurology and Imaging of Cognition (LabNIC), Campus Biotech (Geneva, Switzerland)* Behavioral study testing the Ironic process theory using a continuous flash suppression paradigm. Main tasks: • Design of the research project and pilot study (including stimuli collection and tasks programming with Matlab and Cogent) • Participants' recruitment (n=24) and experiment's conduction • Statistical analysis of results (Matlab and SPSS) • Master thesis preparation <u>Supervisors</u>: Prof. Sophie Schwartz and Dr. Ralph E. Schmidt
July 2015	**Master Internship** *Laboratoire du sommeil, Hopitaux Universitaires de Genève (HUG) (Geneva, Switzerland)* Assistance during experiments on sleep monitored with PSG <u>Supervisors</u>: Prof. Laurence Bayer and Dr. Aurore Perrault
March 2011 – Feb. 2012	**Internship** *Center for studies and research in Cognitive Neuroscience (CsrNC), UNIBO (Cesena, Italy)* Behavioral study on the role of emotions and prospective memory on decision making: • Recruitment of participants • Administration and scoring of a moral dilemma task to participants • Bachelor thesis preparation <u>Supervisor</u>: Prof. Elisa Ciaramelli

Training Courses

2022 - Present	**Mindfulness-Based Stress Reduction (MBSR) Teacher Certification Program** *UC San Diego Center for Mindfulness' Mindfulness-Based Professional Training Institute*
Sept. 2020	**European Summer School on Eye Movements (ESSEM)** *University of Freiburg*
April 2019	**XXIII Sleep Medicine Course (Bertinoro, Italy)** *Italian Association of Sleep Medicine (AIMS)* • Module 1: Sleep scoring (adult sleep) • Module 2: Parasomnia in children and adults
Oct. 2017	**1st ESRS Sleep Science School: Neural Networks in Sleep (Frejus, France)** *European Sleep Research Society (ESRS)*

Grants, Honours, and Awards

Oct. 2019	**Best poster presentation** *Congress: All4AD – Alliance for Alzheimer's disease and other dementias* *Awarded by: Neurological Institute Foundation Casimiro Mondino (Pavia, Italy)*

Poster title: "REM sleep behavior disorder and other sleep disturbances in Alzheimer's disease, dementia with Lewy bodies and in dementia cases of uncertain classification"

July 2016	**Research grant (4 years)** *Awarded by: University of Florence & AIRAlzh Onlus-COOP Italia (Florence, Italy)*
July 2016	**PhD Scholarship (1 year) – awarded but not accepted** *Awarded by: Université Libre de Bruxelles (Bruxelles, Belgium)*

Professional Affiliations

European Sleep Research Society (ESRS)

Federation of European Neuroscience Societies (FENS)

Languages

Italian	Mother tongue
English	Spoken and written: fluent
French	Spoken and written: intermediate

Technical Skills

- Sleep scoring (normal sleep, RBD patients)
- Videographic analysis of RBD episodes
- Administration and interpretation of sleep diary and sleep questionnaires
- Clinical interview
- Design and conduction of research projects
- Statistical analysis of data (parametric and non-parametric tests)

I.T. Skills

Operating systems: Windows, Linux, Mac
Languages: C, R
Softwares:
- Programming: Matlab
- Statistical analysis: SPSS, R Software
- Experiment design and data collection: Cogent
- Sleep scoring: Hypnolab
- Graphics: Inkscape, Gimp, Photoshop
- Office suite on Windows, Linux and Mac OS

Publications and Conference abstracts

Guarnieri,B. & **Pieroni,I**. *Sleep and aging*. In: Roos RP, Editor-in-Chief. *MedLink Neurology*. San Diego: MedLink LLC. Available at www.medlink.com. Originally released on 4.7.2020 and updated until 12.5.2021

Pieroni I., Cerroni G., Velluto L., Ferrara S., Bartoli A., Serio A., Sorbi S., Guarnieri B. (2020). *REM sleep behavior disorder and other sleep disturbances in Alzheimer's disease, dementia with Lewy bodies and in dementia cases of uncertain classification*. Abstracts. J Sleep Res, 29: e13181. doi:10.1111/jsr.13181

Cavarocchi, E.*, **Pieroni, I.***, Serio, A., Velluto, L. Guarnieri, B., & Sorbi, S. (2018). *Kitten Scanner reduces the use of sedation in pediatric MRI. Journal of Child Health Care*. https://doi.org/10.1177/1367493518788476
These authors contributed equally to this work

Posters

Pieroni I., Simione L., Raffone A. *Sleep-related problems in highly sensitive individuals: testing the mediation effect of perceived stress* (26th Sleep Europe ESRS Conference, 27 - 30 September 2022; Athens, Greece)

Pieroni I., Cerroni G., Velluto L., Guarnieri B. *Sex differences in OSA patients referring to a sleep center: possible connections with dementia risk and pathogenesis* (XV Sindem Congress, 5-7 November 2020)

Pieroni I., Cerroni G., Velluto L., Ferrara S., Bartoli A., Serio A., Sorbi S., Guarnieri B. *REM sleep behavior disorder and other sleep disturbances in Alzheimer's disease, dementia with Lewy bodies and in dementia cases of uncertain classification.* (ESRS Virtual Congress, 22-24 September 2020)

Pieroni I., Cerroni G., Velluto L. Bartoli A., Ferrara S., Serio A., Sorbi S., Guarnieri B. *Compliance alla ventilazione notturna e dati polisonnografici in pazienti con demenza di Alzheimer e a corpi di Lewy affetti da OSAS: dati preliminari* (XIII Congress "The impact of the Centers for Cognitive Disorders and Dementias in the integrated management of patients", 14-15 November 2019; Istituto Superiore di Sanità, Rome, Italy)

Pieroni I., Cerroni G., Velluto L. Bartoli A., Ferrara S., Serio A., Sorbi S., Guarnieri B. *REM sleep behavior disorder and other sleep disturbances in Alzheimer's disease, dementia with Lewy bodies and in dementia cases of uncertain classification.* (All4AD - Alliance for Alzheimer's disease and other dementias, 4-5 October 2019; Fondazione Mondino, Pavia, Italy)

Pieroni, I., Cerroni, G., Velluto, L. Bartoli, A., Ferrara, S., Serio, A., Sorbi, S., Guarnieri, B. *The role of video-polysomnography and REM Sleep Behavior Disorder in the diagnosis of Alzheimer's disease, dementia with Lewy Bodies and in dementia cases of doubtful classification.* (1st ESRS Sleep Science School, 17-21 October 2017; Frejus, France)

Pieroni, I., Schmidt, R. E., Schwartz, S. *Effects of thought suppression on visual perception.* (28th APS Annual Convention, 26-29 May 2016; Chicago, IL, USA)

Oral Presentations

Pieroni I., Cerroni G., Velluto L., Bartoli A., Ferrara S., Serio A., Sorbi S., Guarnieri B. *RBD e REM sleep without atonia nella diagnosi differenziale tra demenza di Alzheimer, a corpi di Lewy e di dubbio inquadramento.* (XXIV National Congress AIMS, 13-15 September 2019; Genova, Italy)

Pieroni I., Cerroni G., Velluto L., Guarnieri B. *Differenze di sesso e/o genere in pazienti afferenti ad un centro di Medicina del Sonno italiano dal 2014 al 2017.* (XXVIII National Congress AIMS, 4-6 October 2018; Taormina, Italy)

Pieroni I. *RBD, sogni e allucinazioni nella diagnosi differenziale delle principali forme di demenza* (Congress "Il disturbo del comportamento in sonno REM (RBD) e altre parasonnie: ruolo strategico nelle demenze", 8 June 2018; Città Sant'Angelo, Italy)

Pieroni I., Cerroni G., Velluto L., Bartoli A., Ferrara S., Serio A., Sorbi S., Guarnieri B. *The role of video-polysomnography and REM Sleep Behavior Disorder in the diagnosis of Alzheimer's disease, dementia with Lewy Bodies and in dementia cases of doubtful classification.* (1st ESRS Sleep Science School, October 2017; Fréjus, France)

XXXX, 29 December 2022