



Alessia Teresa Virzi

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● ABOUT ME

ORCID ID: 0000-0003-1943-0759

Scopus ID: 57473817800

Google Scholar: <https://scholar.google.com/citations?user=LT-KKOYAAAAJ&hl=it>

Web of Science: PMF-4297-2026

Research gate: https://www.researchgate.net/profile/Alessia-Virzi-3?ev=hdr_xprf

● CURRENT POSITION

01/11/2023 – CURRENT

Ph.D. Student in Psychology and Social Neuroscience, Curriculum Personality and Organizational Psychology (XXXIX cycle)

Department of Psychology, Sapienza University of Rome

Advisor: Prof. Antonio Zuffianò (*Sapienza University of Rome*)

Co-Advisor: Prof. Belén López-Pérez (*University of Manchester*)

● EDUCATION AND TRAINING

30/01/2023 Rome, Italy

PROFESSIONAL LICENSE AS A PSYCHOLOGIST Department of Psychology, Faculty of Medicine and Psychology, Sapienza University of Rome

16/07/2021 Rome, Italy

MASTER'S DEGREE IN COGNITIVE NEUROSCIENCE AND PSYCHOLOGICAL REHABILITATION Department of Psychology, Faculty of Medicine and Psychology, Sapienza University of Rome

Advisor: Prof. Caterina Grano

Field of study Psychology | **Final grade** 103/110 |

Thesis The relationship between Positivity and Psychological well-being during the COVID-19 pandemic

29/03/2019 Catania, Italy

BACHELOR'S DEGREE IN PSYCHOLOGICAL SCIENCES AND TECHNIQUES Department of educational sciences, University of Studies of Catania

Advisor: Prof. Paola Clara Leotta

Field of study Psychology | **Final grade** 102/110 | **Thesis** The Language of Social Networks and the diary of Anais Nin

● WORK EXPERIENCE

TWENTY-FOUR-MONTHS RESEARCH FELLOWSHIP – SAPIENZA UNIVERSITY OF ROME – 01/02/2024 – Current – ROME, ITALY

Department: Department of Psychology, Faculty of Medicine and Psychology Sapienza University of Rome, Italy |

Address: Via dei Marsi, 87, 00185, Rome, Italy

Title: Prosocial Functioning in Everyday Life

Principal Investigators:

- Prof. Antonio Zuffianò (*Sapienza University of Rome, Italy*);
- Prof. Benedetta Emanuela Palladino (*University of Florence, Italy*).

Description of the project:

This intensive longitudinal project investigates how self-regulation, prosocial behavior and social inclusion foster well-being in adolescents and young adults across everyday contexts and social interactions. The study adopts a within-person encouragement design (WPED) combined with daily diary methods to examine causal processes while participants remain in their natural environments. Based on the results of the encouragement phase, an intervention project was developed to enhance social inclusion among both adolescents and young adults, addressing a critical concern on the European political agenda: reducing societal fragmentation and economic disparity by promoting social inclusion, particularly in light of rising loneliness, which has been described as a “modern-day epidemic” with adverse physical and mental health consequences.

Main activities:

- Design and adaptation of questionnaire batteries for adolescents and young adults.
- Development of the research protocol and subsequent intervention materials.
- Coordination and implementation of data collection.
- Data cleaning, management, and statistical analysis.
- Development and delivery of the social inclusion intervention based on WPED results.
- Dissemination of findings from both the WPED/daily diary study and the subsequent intervention (e.g., conference presentations, manuscripts).

TWELVE-MONTHS RESEARCH FELLOWSHIP – SAPIENZA UNIVERSITY OF ROME – 01/05/2022 – 30/04/2023 – ROME, ITALY

Address: Via dei Marsi, 87, 00185, Rome, Italy

Title: The assessment and promotion of psychological well-being from childhood to adolescence: from the family to the school context

Principal Investigators:

- Prof. Laura Di Giunta (Sapienza University of Rome, Italy).
- Prof. Goren Gordon (Indiana University Bloomington, USA).

Description of the project:

The intervention programme aimed at improving children’s social-emotional competencies through a purpose-built virtual platform connected to Zoom video calls. Children engaged with scenarios created ad hoc for the study (e.g., strategy of anger management, empathy-building, and perspective-taking exercises) working in small groups guided by a virtual agent. Participants were selected from three elementary schools: two in central Italy (Rome) and one in southern Italy (Catania).

Role and main activities:

- Bibliographic research.
- Preparation of consent forms and activities for participants.
- Preparation of the battery of measures to be administered to parents, teachers, and children.
- Training of junior team members.
- Contact with schools and participants.
- Data collection and implementation of the intervention programme.
- Data cleaning, and data analysis.

POST-GRADUATE INTERNSHIP IN PSYCHOLOGY – SAPIENZA UNIVERSITY OF ROME - LABORATORY OF PERSONALITY AND INDIVIDUAL DIFFERENCES – 09/2021 – 09/2022 – ROME, ITALY

Department: Department of Psychology, Faculty of Medicine and Psychology Sapienza University of Rome

Supervisor: Prof. Laura Di Giunta

During this one-year post-graduate internship (master’s-level), I received comprehensive training in research methodology and advanced statistical analysis. I attended seminars delivered by national and international experts in personality, developmental psychology, and advanced statistical techniques.

I gained hands-on experience in all phases of the research cycle, from study design and protocol development to data cleaning and statistical analysis using SPSS and Mplus. I actively contributed to multiple national and international research projects under the supervision of Prof. Di Giunta, developing competencies in project coordination, data management, and scientific dissemination.

PRE-GRADUATE INTERNSHIP IN CLINICAL NEUROPSYCHOLOGY AND NEUROLOGICAL REHABILITATION – CASA DI CURA VILLA L’ULIVO, CARMIDE S.R.L. DI CATANIA - POLO DI RIABILITAZIONE MULTI SPECIALISTICO – 09/2017 – 07/2018 – CATANIA, ITALY

Address: Via Feudo Grande, 13, 95126 , Catania, Italy

Supervisor: Dr. Agatella Vecchio

As a pre-graduate (bachelor-level) intern, I was actively involved in different aspects of patients' psychological and neurological rehabilitation. I had the opportunity to observe how training programmes were selected and tailored to specific patient needs and to assist in their implementation. I also administered and scored a range of neuropsychological and clinical assessment tools, including the Mini-Mental State Examination (MMSE), the Rey Auditory Verbal Learning Test (RAVLT), the Symptom Checklist-90-R (SCL-90-R), the Brief Neuropsychological Examination 2 (ENB2), Raven's Progressive Matrices (RPM), the Wechsler Adult Intelligence Scale – Revised (WAIS-R), and the Wisconsin Card Sorting Test (WCST).

GRANT AND AWARDS

Starting Research - Type 1 (Avvio di Ricerca - Tipo 1)

2025

Project Title: "Exploring Daily Links Among Sympathy, Emotion Regulation, and Self-Esteem in Adolescents: A 28-Day Longitudinal Study"

Principal Investigator: Alessia Teresa Virzi.

Funding: €1000

Protocol Number: AR125199C2F065B3

Department of Psychology, Faculty of Medicine and Psychology Sapienza University of Rome.

Bando Mobilità Internazionale Ph.D 2024 (€ 5.400,00)

Sapienza University of Rome

Destination: Manchester, UK

Host institution: Manchester University, UK

Qualification: Visiting Ph.D Student

Supervisor: Prof. Belén Lopez-Perez

Activities: Exploring longitudinal data on empathy responding.

2022

Starting Research - Type 2 (Avvio di Ricerca - Tipo 2), as a research assistant.

Project Title: "The daily examination of the influence of inclusive teaching on the association between high school students' feedback sensitivity and their maladjustment".

Principal Investigator: Prof. Carolina Lunetti.

Funding: €2.250

Protocol Number: AR22218162C0D40D.

Department of Psychology, Faculty of Medicine and Psychology, Sapienza University of Rome.

LANGUAGE SKILLS

Mother tongue(s): **ITALIAN**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLISH	C1	C1	C1	C1	C1

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

SKILLS

Microsoft Office package: Microsoft Word, Excel, PowerPoint, Access | IBM Statistical package for Sciences (SPSS) | MPlus (statistical software) | R (software)

Online Platforms

Survey creation (Qualtrics) | Survey creation (m-Path) | Prolific

● POST-LAUREAM TRAINING

Methodological advanced post-lauream courses

Psychological Network Analysis Workshop - Winter School (with certificate of attendance)

Prof. Ria H. A. Hoekstra, Prof. Jill de Ron and Prof. Nikola Sekulovski
University of Amsterdam
26/01/2026 – 30/01/2026

Modern Missing Data Analysis (with certificate of attendance)

Prof. Craig Enders
Online Workshop (CenterStat),
12 hours course - 08/10/2025

Introduction to R for Psychological Research

Dr. Giuseppe Corbelli
Sapienza, University of Rome, Department of Psychology
6 hours course - 07-08/04/2025

Analyzing Latent Growth Curve Models in Mplus

Dr. Flavia Cirimele (University of Palermo, Italy)
Sapienza, University of Rome, Department of Psychology
8 hours course - 28/02/2025

Multilevel Models

Prof. Antonio Zuffianò
Sapienza, University of Rome, Department of Psychology
4 hours course - 13/09/2024

Convergence and discrepancy among informants

Prof. Antonio Zuffianò
Sapienza, University of Rome, Department of Psychology
2 hours course - 26/06/2024

Cluster Analysis

Prof. Maria Grazia Gerbino
Sapienza, University of Rome, Department of Psychology
5 hours course - 22/05/2024

Research Synthesis: An Introduction to Reviews, Meta-Analysis, and PRISMA Criteria

Dr. Enrico Perinelli (University of Trento, Italy)
Sapienza, University of Rome, Department of Psychology
3 hours course - 25/03/2024

Measurement Invariance - Multigroup Application

Prof. Claudio Barbaranelli
Sapienza, University of Rome, Department of Psychology
12 hours course - 05-12-25/03/2024

Introduction to mediation, moderation, and conditional processes

Prof. Guido Alessandri
Sapienza, University of Rome, Department of Psychology
8 hours course - 05-29/02/2024

Introduction to structural equation models with Mplus

Prof. Michele Vecchione
Sapienza, University of Rome, Department of Psychology
12 hours course - 15-17/01/2024

Introduction to Data Analysis using Microsoft Excel (with certificate of attendance)

Prof. Paula Del Rey
Coursera Project Network (Online)
23/05/2023

Introduction to Structural Equation Modeling (with certificate of attendance)

Prof. D. Bauer and Prof. P. Curran
Center for Statistical Training (Online)

21 hours course - 10-11-12/05/2023

MATLAB Onramp (with certificate of attendance)

MathWorks - Training Services (Online)

03/05/2023

Structural equation models: theory and applications with MPLUS software – Summer School (with certificate of attendance)

Prof. Claudio Barbaranelli & Prof. Valerio Ghezzi

Sapienza University of Rome, Department of Psychology

One week course, from 29/08/2022 to 03/09/2022

MANOVA

Prof. Michalis P. Michaelides

Sapienza, University of Rome, Department of Psychology

3 hours course - 21/06/2022

Introduction to Statistics (with certificate of attendance)

Prof. Guenther Walther

Stanford University (Online)

Eight weeks course (completed on 09/02/2022)

Power and Sample Size for Multilevel and Longitudinal Study Designs (with certificate of attendance)

Prof. Albert Ritzhaupt

University of Florida (Online)

Five weeks course (completed on 04/02/2022)

Theoretical advanced post-lauream courses

What's your vocation? Processes of identity formation and consolidation

Prof. Elisabetta Crocetti (University of Bologna, Italy)

Sapienza, University of Rome, Department of Psychology

30/04/2025

Three Countries: Japan, China, and the United States

Prof. Akiko Hayashi (Keio University, Tokyo)

Sapienza, University of Rome, Department of Psychology

29/01/2025

Mastering the Craft of Academic Writing for Top Journals

Prof. Roberta Fida (Aston Business School, Birmingham)

Sapienza, University of Rome, Department of Psychology

10/12/2024

Speaking Up for the Quiet Ones: The Development and Implications of Shyness in Childhood

Prof. Robert J. Coplan (Carleton University, Ottawa)

Sapienza, University of Rome, Department of Psychology

13/05/2024

Unravelling the Paradox of Solitude in Childhood and Adolescence

Prof. Robert J. Coplan (Carleton University, Ottawa)

Sapienza, University of Rome, Department of Psychology

11/05/2024

Children's Defensive Mindset: What It Is, How it Develops, and What We Can Do to Help Aggressive Children

Prof. Kenneth A. Dodge (Duke University, North Carolina)

Sapienza, University of Rome, Department of Psychology

14/05/2024

How can we achieve population impact on child abuse?

Prof. Kenneth A. Dodge (Duke University, North Carolina)

Sapienza, University of Rome, Department of Psychology

16/05/2024

Parenting and Child Development in the Majority World

Prof. Mark H. Bornstein

Sapienza, University of Rome, Department of Psychology

21/03/2024

Theories and models for the development of Personality

Prof. Maria Gerbino

Sapienza, University of Rome, Department of Psychology

14/06/2023

The Risk of Social Isolation (with certificate of attendance)

Greg Neimeyer, PhD

Continuing Education and Professional Development - American Psychological Association (Online)

07/06/2023

Using Technology to Captivate Learners: New Research from Psychologists (with certificate of attendance)

Greg Neimeyer, PhD

Continuing Education and Professional Development - American Psychological Association (Online)

29/05/2023

How maladaptive family environments and mental health are passed across generations, and how we can prevent that transmission

Prof. Drew Rothenberg

Sapienza, University of Rome, Department of Psychology

08-15/03/2023

Personality Psychology

Prof. Gian Vittorio Caprara

Sapienza, University of Rome, Department of Psychology

2 hours course - 21/02/2023

How to integrate sex, gender, and intersectional analysis into research (with certificate of attendance)

Caeul Lim

Researcher Academy, ELSEVIER (Online)

06/09/2022

Multilevel approach to understanding how friendship moderates trajectories of anxiety in preadolescents

Prof. William Bukowski

Sapienza, University of Rome, Department of Psychology

2 hours course - 04/04/2022

SEL for Students: A Path to Social Emotional Well-Being (with certificate of attendance)

Prof. Dan Liston & Prof. Emily Claire Price

University of Colorado Boulder (Online)

Five weeks course (completed on 17/02/2022)

Forgiveness and gratitude in social and interpersonal relationship

Prof. Camillo Regalia (Università Cattolica del Sacro Cuore, Milan)

Sapienza, University of Rome, Department of Psychology

2 hours course - 11/02/2022

Providing Social, Emotional, Behavioral, and Special Education Services in School (with certificate of attendance)

Prof. Eve Kutchman, Prof. Lauren Welch, Prof. Karen Hecker, Prof. Daniel Nicklas

University of Colorado Boulder (Online)

Four weeks course (completed on 15/01/2022)

Positivity and human functioning

Prof. Gian Vittorio Caprara

Sapienza, University of Rome, Department of Psychology

09/12/2021

● **RESEARCH EXPERIENCES**

12/2023 - CURRENT

Promoting Social Inclusion and Psychological Well-being through Prosocial Functioning: From an Ecological-Causal Perspective to Intervention Design

Founded by Progetto PRIN 2022 (C7N58K).

Principal Investigators:

- Prof. Antonio Zuffianò (Sapienza University of Rome, Italy).
- Prof. Benedetta Emanuela Palladino (University of Florence, Italy).

Supervisor:

Prof. Antonio Zuffianò (Sapienza, University of Rome, Italy).

Description of the project:

This intensive longitudinal project investigates how self-regulation, prosocial behavior and social inclusion foster well-being in adolescents and young adults across everyday contexts and social interactions. Data collection with adolescents was conducted by the research unit at the University of Florence, whereas data collection with young adults was carried out by the research unit at Sapienza University of Rome. The study adopts a within-person encouragement design (WPED) combined with daily diary methods to examine causal processes while participants remain in their natural environments. Based on the results of the encouragement phase, an intervention project was developed to enhance social inclusion among both adolescents and young adults, addressing a critical concern on the European political agenda: reducing societal fragmentation and economic disparity by promoting social inclusion, particularly in light of rising loneliness, which has been described as a “modern-day epidemic” with adverse physical and mental health consequences.

Role and main activities:

- Bibliographic research.
- Support in uploading and configuring baseline questionnaires and daily diaries on the m-Path platform.
- Adaptation of scales typically used in cross-sectional studies for daily diary administration.
- Participation in team meetings and meetings with the developer of the m-Path application used for data collection.
- Participation in the pilot study phase and collection of feedback from the pilot.
- Participation in the main data collection phase.
- Data cleaning, data management and data analysis.
- Participation in the second phase of the study (intervention phase).
- Contribution to the design of an intervention programme based on the results of the first phase of the study.
- Implementation of the intervention programme.

12/2023 – CURRENT

Let's Speak Up! Understanding the impact of Online-Hate Speech on adolescents' daily life

Founded by Progetto PRIN 2022 (P2022BKBCA) - Let's Speak Up! Understanding the impact of Online-Hate Speech on adolescents' daily life.

Principal Investigators: Prof. Benedetta Emanuela Palladino (University of Florence, Italy).

Supervisor: Prof. Antonio Zuffianò (Sapienza, University of Rome, Italy).

Role: Bibliographic research; support for inserting baseline questionnaires and daily diaries into the platform (m-Path); daily adaptation of scales typically used for cross-sectional studies; participation in team meetings; participation in the data collection phase; data cleaning; data analysis.

Description of the project: This intensive longitudinal project aims to deepen the understanding of Online Hate Speech (OHS), a phenomenon that has increasingly become a major public concern, particularly because of its impact on adolescents. In addition, the study seeks to address the current lack of consensus on the scientific definition of OHS and to develop a psychometrically sound scale to measure it. Previous research on OHS has largely relied on retrospective cross-sectional designs, which are limited in capturing the dynamic and fluctuating nature of the phenomenon, as well as daily variations in exposure. To date, no study has examined the longitudinal consequences of OHS across different target populations.

11/2023 – CURRENT

Empathy-related responding, well-being, and prosocial functioning in adolescents' everyday life

Funded by John Templeton Foundation.

Principal Investigators: David Lundie, University of Glasgow (UK); Bernadette Paula Luengo Kanacri, Pontificia Universidad Católica de Chile (UC); Ólafur Páll Jónsson, University of Iceland (ICLD); Antonio Zuffianò, Sapienza University of Rome (IT).

Supervisor: Prof. Antonio Zuffianò (Sapienza, University of Rome, Italy).

Role: research assistant; contact with participants at school; bibliographic research; support for inserting the baseline questionnaire (Qualtrics) and daily questionnaires into the platform (M-path); daily adaptation of scales typically used for cross-sectional studies; participation in team meetings; participation in the pilot study phase; feedback collection from the pilot project; data cleaning.

Description of the project: the daily project, carried out in collaboration with other countries (United Kingdom, Iceland, Chile) aims at studying the role of empathic responses, important for the well-being of others, in relation to

prosocial behaviors of adolescents in their daily life. Participants were adolescents from 14 to 16 years of age. Data were collected through questionnaires and daily diaries collected through Qualtrics and M-path online.

09/2021 – 12/2022

Effects of Feedback Sensitivity and Emotion Regulation on Learning and School Performance in Adolescents from Multiple Countries

Funded by Young Scholar Research Grant associated with the 2019 Jacobs Foundation Conference on “An Agenda for Research on Child Development and Learning for the Third Decade of the 21st Century”. Jacobs Foundation, Switzerland.

Principal Investigators: Prof. Laura Di Giunta (Sapienza, University of Rome, Italy), Prof. Natasha Duell, (University of North Carolina, Chapel Hill, USA).

Supervisor: Prof. Laura Di Giunta (Sapienza, University of Rome, Italy).

Role: research assistant; preparation of the battery of questionnaire to be administered to adolescents with mobile ecological momentary assessment (mEMA) via Qualtrics; remote data collection; data cleaning; data analysis; preliminary scientific reports.

Description of the project: the project examined the mediating role of emotion regulation in the association between feedback sensitivity and behavioural problems and prosocial behaviors in adolescence, through the use of mobile Ecological Momentary Assessment (mEMA) in a low-middle socio-economic status (SES) sample of Colombian adolescents.

09/2021 – 04/2023

A Virtual Agent Group Facilitator for a Holistic Student-Centric Approach to Academic and Socio-Emotional Learning

Funded by 2020 Jacobs Foundation COVID-19 Education Challenge Research Grant. Jacobs Foundation, Switzerland.

Principal Investigators:

Prof. Laura Di Giunta (Sapienza, University of Rome, Italy).

Prof. Goren Gordon (Indiana University Bloomington, Bloomington, USA).

Supervisor:

Prof. Laura Di Giunta (Sapienza, University of Rome, Italy).

Description of the project:

The intervention programme aimed at improving children’s social-emotional competencies through a purpose-built virtual platform connected to Zoom video calls to ensure accessibility. Children engaged with scenarios created ad hoc for the study (e.g., strategy of anger management, empathy-building, and perspective-taking exercises), working in small groups guided by a virtual agent. Participants were selected from three elementary schools: two in central Italy (Rome) and one in southern Italy (Catania).

Role and main activities:

- Bibliographic research.
- Preparation of consent forms and activities for participants.
- Preparation of the battery of measures to be administered to parents, teachers, and children.
- Training of junior team members.
- Contact with schools and participants.
- Data collection and implementation of the intervention programme.
- Data cleaning and data analysis.

09/2021 – 03/2022

Parental Emotion Socialization in COVID-19 time – International Study

Supported by Jacobs Foundation, Switzerland.

Principal Investigator: Prof. Laura Di Giunta (Sapienza, University of Rome, Italy).

Supervisor: Prof. Laura Di Giunta (Sapienza, University of Rome, Italy).

Role: research assistant; preparation of the battery of measures to be administered to the participants; data collection via Qualtrics; data cleaning with SPSS. I also contributed to the preparation of the battery of questionnaires in Zimbabwe (language: English), in Azerbaijan (language: Azerbaijani), and in Colombia (language: Spanish) with Qualtrics.

Description of the project: remote cross-sectional data collection with a convenient sample of parents whose children were aged between 6 and 18 years old and who were in online education during Covid-19 pandemic in Italy.

● FOREIGN EXPERIENCES

02/04/2025 – 01/07/2025

Mobility Period

University of Manchester, Manchester, UK

Supervisor: Dr. Belén López-Pérez

Activities: bibliographical research on empathy-related responses and interpersonal regulatory emotional self-efficacy; participation in weekly research team meetings; longitudinal data collection; data analysis cross-sectional and longitudinal; drafting and publication of scientific articles; participation in the Templeton Empathy Research Group meetings; participation in seminars.

- **Project:** "Comforting and Wellbeing".

PI: Dr Belen Lopez-Perez (Manchester University, Manchester).

Role: Researcher (participation in the research team meetings, ethics submission, and data collection).

- **Project:** "Interpersonal self-efficacy in emotion regulation".

PI: Dr Belen Lopez-Perez (Manchester University, Manchester).

Role: Researcher (participation in the research team meetings, data analysis, and writing of a paper proposal entitled "Regulatory Interpersonal Emotional Self-Efficacy: Understanding the Role of Beliefs in Interpersonal Emotion Regulation").

- **Project:** "Reading the mind in the eye in a clinical sample".

PI: Dr Belen Lopez-Perez (Manchester University, Manchester).

Role: Researcher (participation in the research team meetings, data cleaning, and data analysis).

26/05/2025 – 30/05/2025

Research Stay

University of Glasgow

Workshop "Readable Research: Using Sensory Writing to Make Academic Research Engaging"

Date: 26-27 of May, 2025

University of Glasgow, School of Social & Environmental Sustainability in Dumfries

Writing retreat

Date: 28-30 of May, 2025

● STUDENT SUPPORT ACTIVITIES

Supervision of final thesis

Course name: Psicologia delle Emozioni, delle Motivazioni e della Personalità (Psicologia e Salute)

Academic year: 2024/2025

Supervision of final thesis: 4 Bachelor's Students.

Teaching Assistant (support for laboratory activities and tutoring students; support for carrying out and correcting exams)

Course name: Individual Differences in Personality and Temperament

Academic year: September 2021 - April 2023

Credits: 9

Language: English

University: Sapienza University of Rome

Teaching Assistant (support for laboratory activities and tutoring students; support for carrying out and correcting exams)

Lecturer: Prof. Laura Di Giunta

Course name: Personalità e Differenze Individuali

Academic year: September 2021 - April 2023

Credits: 9

Language: Italian

University: Sapienza University of Rome

● **PARTICIPATION AT CONFERENCES AND CONGRESSES**

19/02/2026

Prosocialità e Inclusione Sociale nella Vita Quotidiana

Workshop Gratuito PRIN 2022, Rome (RM), Italy

27/11/2025 – 28/11/2025

The Human and Scientific Legacy of Albert Bandura at his Centenary: The Power of Beliefs, the Courage to Change

International conference, Rome (RM), Italy

03/10/2025

Competenze Socio-Emotive nei Contesti Educativi: un Confronto tra Contesto e Territorio

Workshop Gratuito PRIN 2022, Rome (RM), Italy

25/08/2025 – 29/08/2025

22nd European Developmental Psychology Conference (ECDP)

Conference, Vilnius, Lithuania

16/06/2024 – 20/06/2024

27th Biennial Meeting of the International Society for the Study of Behavioural Development (ISSBD)

Conference, Lisbon, Portugal

23/02/2024 – 25/02/2024

Crossing the Borders: Psychological Foundations of Coexistence

Convention, Castel Gandolfo (RM), Italy

07/10/2022

Self-regulation and child adjustment. Ricerca e interventi efficacy per la promozione delle abilità autoregolative

Study day, Naples (NA), Italy

27/09/2022 – 30/09/2022

XXX Congresso Nazionale – AIP (Associazione Italiana Psicologia)

Congress, Padua (PA), Italy

● **MEMBERSHIP**

2025 – CURRENT

International Society for the Study of Behavioral Development (ISSBD)

2022 – CURRENT

AIP Associazione Italiana di Psicologia

Italian Association of Psychology

Section Developmental and Educational Psychology

● **INTERNATIONAL PEER-REVIEWED PUBLICATIONS**

Work in progress (preprint)

1. Caldaroni, S., Gerbino, M., Nielsen, K. S., Gregori, F., Manfredi, L., Pastorelli, C., Beolchini, E., Virzì, A. T., Palladino, B. E., & Zuffianò, A. (2025). *Caring for the environment and others: Investigating the reciprocal influence of pro-environmental and prosocial behaviors in Italian young adults through a daily diary study*. PsyArXiv. https://doi.org/10.31234/osf.io/vjgwu_v2

International Journals

2025

1. Basagni, B., Abbruzzese, L., Mancuso, M., Magnani, N., **Virzi, A. T.**, Zoccolotti, P., Zuffianò, A., & BIRT Italian group (2025). Neurobehavioral disorders after severe acquired brain injury: discrepancies between patients and caregivers' perception. *The Clinical Neuropsychologist*, 1-22. <https://doi.org/10.1080/13854046.2025.2567466>.
2. Gerbino M., Caldaroni, S., Schmiedek, F., Neubauer A., Beolchini, E., **Virzi, A. T.**, Lundie, D., Jónsson, Ó. P., Luengo Kanacri, P., Camps D., Guttesen, K., Barrero Toncel, V., Gregori, F., Quilodrán, V., Pastorelli, C., Zuffianò, A. (2025). The Positive Effect of Pro-Environmental Behaviors on Eudaimonic Well-Being: A Daily Diary Study Among Italian Adolescents. *Journal of Environmental Psychology*. Currently under review.

2024

1. Favini, A., Lunetti, C., **Virzi, A. T.**, Cannito, L., Culcasi, F., Quarto, T., & Palladino, P. (2024). Online and Offline Aggressive Behaviors in Adolescence: The Role of Self-Regulatory Self-Efficacy Beliefs. *Behavioral Sciences*, 14(9), 776. <https://doi.org/10.3390/bs14090776>
2. Favini, A., Culcasi, F., Cirimele, F., Remondi, C., Plata, M. G., Caldaroni, S., **Virzi, A. T.** & Luengo Kanacri, B. P. (2024). Smartphone and social network addiction in early adolescents: The role of self-regulatory self-efficacy in a pilot school-based intervention. *Journal of Adolescence*, 96(3), 551-565. <https://doi.org/10.1002/jad.12263>
3. Favini, A., Culcasi, F., Costarelli, C., Cappelleri, M. R., **Virzi, A. T.** (2024) Preventing Online Addictive Behaviors Promoting Active Online Use: Preliminary Findings in Italian Early Adolescents. *Journal of Psychology and Neuroscience* 6(2), 1-15. doi.org/10.47485/2693-2490.1088
4. Zuffianò, A., Gregori, F., Manfredi, L., Beolchini, E., Caldaroni, S., **Virzi, A. T.**, Di Brango, N., Barrero Toncel, V. I., Sette, S., Quilodrán Fuentes, V. P., & Luengo Kanacri, B. P. (2024). Regulatory Emotional Self-Efficacy and Hedonic Well-Being in daily life. *International Journal of Psychology*. Currently under review.

2023

1. Lunetti, C., Di Giunta, L., Gliozzo, G., Riccioni, C., Comitale, C., Basili, E., Baxseliyeva, A., **Virzi, A. T.** (2023) Parental Happiness Socialization and Youth Adjustment in Italy and Azerbaijan in the COVID-19 Pandemic Era. *International Journal of Environmental Research and Public Health*, 20(4), 3604. <https://doi.org/10.3390/ijerph20043604>

2022

1. Di Giunta, L., Lunetti, C., Gliozzo, G., Rothenberg, W. A., Lansford, J. E., Eisenberg, N., Pastorelli, C., Basili, E., Fiasconaro, I., Thartori, E., Favini, A. and **Virzi, A. T.** (2022). Negative Parenting, Adolescents' Emotion Regulation, Self-Efficacy in Emotion Regulation, and Psychological Adjustment. *International Journal of Environmental Research and Public Health*, 19(4), 2251. <https://doi.org/10.3390/ijerph19042251>

Books and chapters

2025

1. Favini, A., Lunetti, C., Cannito, L., **Virzi, A. T.**, Quarto, T., Palladino, P. (2024). Individual differences in emotion regulation development. In (Ed.), *Emotion Regulation - Theory and Applications to Therapy Across Clinical Settings*. IntechOpen.

2022

1. Di Giunta, L., Lunetti, C., Pagliarani, S., Gliozzo, G., **Virzi, A. T.**, Comitale, C., & Riccioni, C. (2022). Individual and Contextual Determinants of (mal)adjustment in College Students who Study Abroad. In (Ed.), *Motivation and Success*. IntechOpen. DOI: 10.5772/intechopen.108238

Conference presentations - Internationals

2025

1. **Virzi, A. T.**, López-Pérez, B., Manfredi, L., Gregori, F., Polias, S., & Zuffianò, A. (2025, November 27–28). *The Role of Self-Esteem in Interpersonal Emotion Regulation: Scale Adaptation and Ecological Validity* [Poster presentation]. The Human and Scientific Legacy of Albert Bandura at his Centenary: The Power of Beliefs, the Courage to Change. Rome, Italy.
2. **Virzi, A. T.**, Manfredi, L., Gregori, F., Di Brango, N., Barrero-Toncel, V. I., Contreras, C., Fu, Y., Palladino, B. E., & Zuffianò, A. (2025, November 27–28). *Self-esteem and Perceived Empathic Self-Efficacy: Dynamic relations in Italian young adults* [Poster presentation]. The Human and Scientific Legacy of Albert Bandura at his Centenary: The Power of Beliefs, the Courage to Change. Rome, Italy.
3. Di Brango, N., Corbelli, G., Manfredi, L., Gregori, F., Contreras, C., **Virzi, A. T.**, BarreroToncel, V. I., Fu, Y., & Zuffianò, A. (2025, November 27–28). *The role of Coping Self-Efficacy and Basic Psychological Needs in shaping life*

meaning: A daily diary study of young adults [Poster presentation]. The Human and Scientific Legacy of Albert Bandura at his Centenary: The Power of Beliefs, the Courage to Change. Rome, Italy.

4. **Virzi, A. T.**, Manfredi, L., Gregori, F., Barrero Toncel, V. I., Caldaroni, S., Corbelli, G., Marras, A., Pastorelli, C., Zuffianò, A. (2025, August 25-29) *The relations between Inhibitory Control and Empathy-related responses: A Daily Diary Study* [Oral Presentation]. European Conference on Developmental Psychology (ECDP). Vilnius, Lithuania.
5. **Virzi, A. T.**, Beolchini, E., Gregori, F., Barrero Toncel, V. I., Caldaroni, S., Fu, Y., Camps, D., Guttesen, K., Paz Quilodrán, V., Gerbino, M., Luengo Kanacri, P., Jónsson, Ó., Lundie, D. (2025, August 25-29) *The protective role of Perceived Empathic Self-Efficacy on daily Loneliness in a sample of Italian adolescents* [Poster Presentation]. European Conference on Developmental Psychology (ECDP). Vilnius, Lithuania.
6. Gregori, F., **Virzi, A. T.**, Manfredi, L., Caldaroni, S., Pastorelli, C., Sette, S., Marras, A., Palladino, E. P., Zuffianò, A. (2025, August 25-29) *Does prosocial behavior increase hedonic and eudaimonic well-being and decrease loneliness among young adults?* [Poster Presentation]. European Conference on Developmental Psychology (ECDP). Vilnius, Lithuania.
7. Di Brango, N., Corbelli, G., **Virzi, A. T.**, Contreras, C., Verbena, S., Fu, Y., Mariotto, M., Ioverno, S., Palladino, B. E., Zuffianò, A. (2025, August 25-29) *Psychological Factors Influencing Adolescents' Willingness to Counteract Online Hate Speech: The Role of Empathy, Self-Efficacy, and Meaning in Life*. Oral presentation as part of The Faces of Online Hate Speech: Who Is Exposed, Who Stands Up, and Who Pays the Price? Symposium. European Conference on Developmental Psychology (ECDP). Vilnius, Lithuania.
8. Marras, A., Gregori, F., Di Brango, N., Manfredi, L., **Virzi, A. T.**, Zuffianò, A., Palladino, B. E. (2025, August 25-29) *Building bridges: Prosocial Functioning as a Pathway to Social Inclusion and Psychological Well-being* [Poster Presentation]. European Conference on Developmental Psychology (ECDP). Vilnius, Lithuania.
9. Favini, A., **Virzi, A. T.**, Culcasi, F., Beranudo, L. P., D'Emilio, M. R., Cannito, L., Lunetti, C. (2025, August 25-29) *Internalizing problems and excessive ICT use: A preliminary investigation in Italian Adolescents* [Poster Presentation]. European Conference on Developmental Psychology (ECDP). Vilnius, Lithuania

Conference presentations - Internationals

2024

1. Gregori, F., Manfredi, L., Cirimele, F., Favini, A., **Virzi, A.**, Beolchini, E., Mozzetti, F., Lopéz-Pérez, B., Marti-Vilar, M., Di Giusto Valle, C., Benito Ambrona, T., Pastorelli, C., Gerbino, M., Sette, S., & Zuffianò, A. (2024). *Associations among prosocial behavior, life satisfaction, and hedonic balance among young adults*. 27th Biennial Meeting of the International Society for the Study of Behavioural Development (ISSBD). June 16-20, 2024, Lisbon, Portugal.
2. Gregori F., Manfredi L., **Virzi A.T.**, Caldaroni S., Remondi C., & Pastorelli C. (2024). *The relations between Prosocial Behavior, Life Satisfaction, and Hedonic Balance among Young Adults' daily life*. Crossing the Borders: Psychological Foundations of Coexistence, Castel Gandolfo (RM), Italy, 23-25 February 2024.

2023

1. Di Giunta, L., Duell, N., Uribe Tirado, L. M., Ruiz Garcia, M. S., Comitale, C., **Virzi, A. T.**, Riccioni, C., Lunetti, C., Gliozzo, G., Basili, E. (2023). *Cognitive and emotional correlates of school performance in a low-middle SES Colombian adolescent sample*. In European Conference on Developmental Psychology (ECDP). 28 August - 1 September 2023, Turku, Finland.
2. Duell, N., Di Giunta, L., Sdoia, S., Uribe Tirado, L. M., Ruiz Garcia, M. S., Riccioni, C., Comitale, C., **Virzi, A. T.**, Gliozzo, G., Lunetti, C. (2023). *Punishment and reward sensitivity, daily emotion regulation, and school performance in a low-middle ses Colombian adolescent sample*. In SRA 2023 Annual Meeting-Keeping Pace with a Changing World. April 13-15, 2023, San Diego, California.

2022

1. Di Giunta L., Gliozzo, G., **Virzi, A. T.**, Lunetti, C., Riccioni, C., Comitale, C., Carnevali, O. C., & Aringolo, L. (2022). *Profiles of socio-emotional adjustment in a clinical sample of Italian adolescents: A cluster analysis approach using mother-reports, cortisol awakening response, and ecological momentary assessment*. In European Association for Research on Adolescence (EARA) conference, Diverse and Digital, August 24-27, 2022, Dublin (Ireland).
2. Di Giunta, L., Duell, N., Uribe Tirado L.M., Ruiz Garcia M.S., Gliozzo G., Comitale C., Riccioni C., **Virzi A.T.**, Finocchiaro L., Lunetti C. (2022). *Feedback sensitivity, emotion regulation, and adolescents' adjustment in a low-middle SES Colombian sample*. In the 26th Biennial Meeting of the ISSBD. International Society for the Study of Behavioural Development, June 19-23, 2022, Rhodes (Greece).

Conference presentations - National

2023

1. Comitale, C., Di Giunta, L., Lunetti C., Basili, E., Gliozzo, G., Riccioni, C., **Virzi, A.T.** (2023). *Il ruolo delle differenze individuali dei genitori rispetto alla socializzazione parentale delle emozioni e ai sintomi internalizzanti ed esternalizzanti dei figli*. XXI National Congress SITCC 2023 (Società Italiana di Terapia Cognitiva Comportamentale), Bari, Italy 21-24 September 2023.

1. Di Giunta, L., Duell, N., Uribe Tirado L. M., Ruiz Garcia M. S., Comitale, C., **Virzi, A. T.**, Riccioni, C., Gliozzo, G., Lunetti, C. (2022). *Punishment and reward sensitivity and daily emotion regulation in a low-middle ses Colombian adolescent sample*. XXX Congress AIP (Italian Association of Psychology), Padova, Italia, 27-30 September 2022.
2. Di Giunta, L., Lunetti, C., Riccioni, C., Gliozzo, G., Comitale, C., **Virzi, A. T.**, Kadurira, M., Baxseliyeva, A., Uribe Tirado L. M. (2022). *Parental socialization in response to children' negative and positive emotions during the pandemic across cultures*. XXX Congress AIP (Italian Association of Psychology), Padova, Italia, 27-30 September 2022
3. Riccioni, C., Di Giunta, L., Gordon, G., **Virzi, A. T.**, Comitale, C., Gliozzo, G., Lunetti, C. (2022). *V-ROBOTATOR: A preliminary empirical contribution on the efficacy of an intervention to promote school-age children's socio-emotional competences with a virtual agent group facilitator*. XXX Congress AIP (Italian Association of Psychology), Padova, Italia, 27-30 September 2022.
4. Riccioni, C., Comitale, C., **Virzi, A. T.**, Giordano, S., Gliozzo, G., Lunetti, C., Di Giunta, L. (2022). *Profiles of school-aged children's socio-emotional competences: a multi-informant preliminary study*. In International Conference organized by CIRMPA - Centro interuniversitario per la ricerca sulla genesi e sullo sviluppo delle motivazioni prosociali e antisociali (Interuniversity Centre for Research in the Genesis and Development of Prosocial and Antisocial Motivations), entitled "Development of prosocial and aggressive conducts: understanding and interventions", Florence, May the 6th, 2022.

● AUTHORIZATION

30/03/2026

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