


## CONTACT

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00185 Rome, Italy (Work)

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## 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

## 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

**01/02/2024 - CURRENT** Rome, Italy

**Eighteen months research fellowship titled "Prosocial functioning in everyday life"** Principal Investigator: Prof. Antonio Zuffianò

The overall objective of the project is to investigate and promote Prosocial Behaviour in adolescents and young adults.

The project activities will focus on:

- Preparation of batteries of questionnaires for adolescents and young adults;
- Preparation of the research protocol;
- Implementation of the project;
- Cleaning of collected data and data analysis;
- Dissemination.

**Department** Department of Psychology, Faculty of Medicine and Psychology Sapienza University of Rome | **Address** Via dei Marsi, 87 , 00185, Rome, Italy

**01/05/2022 – 04/2023** Rome, Italy

**One year research fellowship titled “The assessment and promotion of psychological well-being from childhood to adolescence: from the family to the school context”** Principal Investigator: Prof. Laura Di Giunta

The overall objective of the project was to investigate the effectiveness of an intervention to promote social-emotional competencies in elementary school children. This intervention was implemented through a virtual platform created specifically for the project, in which children had the opportunity to discuss in small groups issues concerning social-emotional skills with the help of a virtual agent.

The project activities covered:

- a. Preparation of batteries of questionnaires for teachers, students, and parents;
- b. Preparation of the research protocol;
- c. Implementation of the project;
- d. Cleaning of collected data and preliminary data analysis;
- e. Dissemination.

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

**09/2021 – 09/2022** Rome, Italy

**Internship in Psychology of Personality and Individual Differences** Supervisor: Prof. Laura Di Giunta

As a post-graduate intern, I attended seminars taught by several national and international experts in the field of Personality and Developmental Psychology and Advanced Statistical Analysis. Furthermore, during the internship I learned about the different phases of a research project from the creation of the research study to the data cleaning and data analysis with SPSS and Mplus. I also participated in different research projects in which my Supervisor was involved.

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

**09/2017 – 07/2018** Catania, Italy

**Internship in Casa di Cura Villa l'Ulivo, Carmide S.r.l. di Catania - Polo di Riabilitazione multi specialistico** Supervisor: Dr. Agatella Vecchio

As a pre-graduate intern I had an active involvement in all aspects of patients psychological and neurological rehabilitation. Specifically, I had the opportunity to observe first-hand which training-programme was considered better for a patient specific need. I also administered and proceed with the scoring of questionnaires such as the Mini-Mental State Examination, 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), also the Wechsler Adult Intelligence Scale - Revised (WAIS - R), the Wisconsin Card Sorting Test (WCST).

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

## GRANT AND AWARDS

**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.

**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.

## LANGUAGE SKILLS

**MOTHER TONGUE(S):** Italian

## Other language(s):

English

Listening C1

Spoken production C1

Reading C1

Spoken interaction C1

Writing C1

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

## DIGITAL SKILLS

### STATISTICAL SOFTWARE

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

### ONLINE PLATFORMS

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

## POST-LAUREAM TRAINING

### Methodological advanced post-lauream courses

#### 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

#### Multilevel Models

Prof. Antonio Zuffianò  
Sapienza, University of Rome, Department of Psychology  
4 hours course - 14/06/2023

#### 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**

### **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

### 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.

**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 – 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 (Tel Aviv University, Israel).

**Supervisor:** Prof. Laura Di Giunta.

**Role:** research assistant; bibliographic research; preparation of the consent forms; preparation of the activities for the 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; data cleaning; data analysis, and preparation of the scientific reports.

**Description of the project:** the intervention programme aimed at improving children social-emotional competences through the use of an online mediator. Participant were selected from three elementary schools, two in Rome and one in Catania.

### 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.

**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 – 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.

**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.

## TEACHING EXPERIENCES

### **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

**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

## PUBLICATION

### **International Journals**

**2024**

1. Favini, A., Lunetti, C., **Virzì, 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>

- 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](https://doi.org/10.47485/2693-2490.1088)
- 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*. Under review

## 2023

- 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>
- Favini, A., Culcasi, F., Cirimele, F., Remondi, C., Plata, M. G., Caldaroni, S., **Virzi, A. T.**, & Luengo Kanacri, B. P. (2023). Smartphone and social network addiction in early adolescents: The role of self-regulatory self-efficacy in a pilot school-based intervention. *Journal of Adolescence*, 1–15. <https://doi.org/10.1002/jad.12263>

## 2022

- 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

### 2024

- 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

- 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

### 2024

- 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.
- 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

- 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.
- 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

- 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).
- 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*

## 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 prentale 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.

### 2022

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.