**CV Silvia Cerolini**

Laurea triennale in Scienze e tecniche psicologiche presso l'università degli studi di Cagliari, con voto 104/110 (luglio 2012)

Laurea Magistrale in Psicologia della salute, clinica e di comunità presso l'università Sapienza di Roma, con voto 110/110 e lode (luglio 2014)

Borsa di studio Erasmus presso la Humboldt Universität di Berlino (da settembre 2010 a luglio 2011)

Borsa di studio per tesi all'estero presso l'università di Leiden, Paesi Bassi (da aprile a giugno 2014)

Premio come laureato eccellente presso l'università Sapienza (anno 2014)

Corso di alta formazione in mediazione familiare presso Irmef con durata biennale (2012-2014)

Tirocinio formativo post-lauream presso il Servizio di Prevenzione al Suicidio, Azienda Ospedaliera Sant’Andrea, Roma (settembre 2014-marzo 2015)

Tirocinio formativo post-lauream presso il Laboratorio di Psicofisiologia, Dipartimento di Psicologia, Università di Roma “La Sapienza”

Borsa di studio per Dottorato in Psicologia e Scienza Cognitiva (ottobre 2014-ottobre 2017) presso l’Università di Roma “La Sapienza”

Partner di un Grant (progetti d’Ateneo) per uno studio dal titolo: “The effects of partial sleep deprivation on emotion regulation, food intake and executive functions”, supervisore: Caterina Lombardo

Abilitazione alla Professione di Psicologo (Roma, gennaio 2016) e iscrizione all’Albo degli psicologi del Lazio num: 22046, in data: 21/03/2016

Borsa di studio per mobilità dottorandi di 3 mesi (febbraio-maggio 2017): Visiting PhD Scholar presso la Northeastern University di Boston, MA, USA.

**Poster o abstract pubblicati su riviste internazionali o presentati a congressi internazionali**

**Ballesio A, Cerolini S**, Mallia L, Cellini N, Lombardo C (2017) Italian validation of the Insomnia Catastrophizing Scale (ICS): An instrument to assess insomnia-specific catastrophizing thoughts. Sleep 40(suppl\_1):A154-A155 · April 2017

C. Lombardo, **S. Cerolini**, **A. Ballesio**, G. Gasparrini. (2016) The effect of acute and chronic partial sleep deprivation on attentional and emotional responses to food stimuli. In Mediterranean Journal of Clinical Psychology vol. Suppl 4/2a

C. Lombardo, **S. Cerolini**, **A. Ballesio**, G. Gasparrini. (2016) Effect of partial deprivation on energy intake in good sleepers and participants reporting symptoms of chronic insomnia. Journal of Sleep Research; European Sleep Research Society, JSR 25 (Suppl. 1), 5–376, page 149.

C. Lombardo, **A. Ballesio**, **S. Cerolini**, G. Gasparrini, A. Rosato and F. Ferlazzo (2016). The effects of chronic and acute sleep deprivation on executive functions and emotion regulation. Journal of Sleep Research; European Sleep Research Society, JSR 25 (Suppl. 1), 5–376, page 151.

Lombardo C., **Cerolini S**., **Ballesio A**., & Gasparrini G. (2016) The effect of partial sleep deprivation on food craving and energy intake differs depending on habitual sleep quality. 9th National Congress of the Italian Society for the Study of Eating Disorders (SISDCA). Eat Weight Disord (2016) 21:315–348.

**S. Cerolini**, G. Battagliese, R. M. Esposito, **A. Ballesio**, C. Violani & C. Lombardo. Emotional experience, presence and severity of insomnia and depressive symptoms: an ecological study of their effect on sleep quality. World Sleep Congress, Istanbul, Turkey, November, 2015.

**A Ballesio**, C. Baglioni, **S. Cerolini**, D. Riemann & C. Lombardo. Exploring the relationship between sleep and emotion in daily life: a pilot study. World Sleep Congress, Istanbul, Turkey, November 2015.

**A Ballesio**, **S. Cerolini**, C. Lombardo. The effects of sleep deprivation on cognitive reappraisal: an experimental study. Oxford Sleep and Chronobiology Summer School, Sleep and Circadian Neuroscience Institute, University of Oxford, UK. 19th July 2015.

**S. Cerolini, A. Ballesio**, C. Lombardo. Effects of partial sleep deprivation on food intake and food craving: differences between good and poor sleepers. Oxford Sleep and Chronobiology Summer School, Sleep and Circadian Neuroscience Institute, University of Oxford, UK. 19th July 2015.

**Articoli pubblicati su riviste internazionali**

**Cerolini S,** Spinhoven P, Violani C (2017) Emotion regulation strategies and coping skills play different roles in predicting psycho-physical well-being. Anxiety, stress & coping (Submitted)

**Ballesio A**, Mallia L, Cellini N, **Cerolini S**, Jansson-Fröjmark M, Lombardo C (2017) Italian Adaptation of The Insomnia Catastrophizing Scale (ICS): A Tool to Evaluate Insomnia-Specific Catastrophic Thinking. Neurological Sciences (Submitted)

**Cerolini S**, Pazzaglia M, Lombardo C (2017) Commentary: Gain in Body Fat Is Associated with Increased Striatal Response to Palatable Food Cues, whereas Body Fat Stability Is Associated with Decreased Striatal Response. Front. Hum. Neurosci. 11:65. doi: 10.3389/fnhum.2017.00065

**Cerolini S**, **Ballesio A**. & Lombardo C. (2016) Emotional experience, presence and sevirity of insomnia and depressive symptoms: an ecological study of their effect on sleep quality. Mental Health in Family Medicine; 12:282-287

**Cerolini S**., **Ballesio, A**. & Lombardo, C. (2015). Insomnia and emotion regulation: recent findings and suggestions for treatment. Journal of Sleep Disorders and Management, 1 (1).

**Partecipazione a Congressi, Summer School e Corsi Internazionali**

23° Congresso dell’European Sleep Research Society, Bologna (13-16 sett 2016)

Congresso dell’ Associazione Italiana si Psicologia (AIP) presso l’Università di Roma “La Sapienza” (17- 18 sett 2016)

Oxford Summer School ‘Cognitive Behavioural Therapy for Insomnia’ presso la Oxford University and SCNi (luglio 2016). Dr. Philip Gehrman and Dr. Bryony Sheaves.

“Cognitive behavioral therapy for insomnia in children and adults”. Prof. C. Morin, Prof. C. Espie, Dr. K. Spiegelhalder. Corso tenuto al congress della World Sleep Federation, 31 October 2015, Istanbul, Turkey.

Congresso Worldsleep 2015 - 7th World Congress of the World Sleep Federation, Istanbul, Turkey (31 ott 2015- 3 nov 2015).

“OXFORD SLEEP AND CIRCADIAN NEUROSCIENCE SUMMER SCHOOL” presso l’università di Oxford, a cura del Sleep and Circadian Neuroscience Institute (SCNi) “University of Oxford, UK (19-24 luglio 2015).

Summer School “Research Method on health behaviors”. Professor: Maria C. Norton, Ph.D. Professor of the Department of Family Consumer and Human Development, Utah State University. (Maggio-giugno 2015)