



Curriculum Vitae

Andrea Ballesio

CURRENT POSITION: PhD Student in Psychology and Cognitive Science at Department of Psychology, Sapienza University of Rome. Tutor: Prof. C. Lombardo. Co-tutor: Prof. F. Ferlazzo. Research topic: *Executive functions in insomnia disorder* (2015-2018).

EDUCATION:

2017 Qualification to the profession of psychologist at Sapienza University of Rome.

2015 MSc in Clinical Psychology at the Department of Psychology, Sapienza University of Rome, Italy. Title of the final thesis: *The bidirectional relationship between sleep and emotion and the role of emotion regulation*. Supervisor: Prof. C. Lombardo. Overall grade: 110/110 cum laude.

2013 BSc in Psychology at the Department of Psychology, Sapienza University of Rome, Italy. Overall grade: 108/110.

POSTGRADUATE COURSES AND TRAINING:

2016 "Measuring sleep and waking" ESRS endorsed course. G. Vandewalle, R. Hut, A. Adamantis, P. Meerlo. 23rd congress of the European Sleep Research Society, 13th September, Bologna, Italy.

2016 "Cognitive behavioural therapy for insomnia" short course held by Prof. P. Gehrman (University of Pennsylvania) and Dr. B. Sheaves (University of Oxford) at the Sleep and Circadian Neuroscience Institute, Nuffield Department of Clinical Neurosciences, University of Oxford, UK. 11th-12th July.

2016 Postgraduate training in behavioural sleep medicine at the Department of Psychology, Sapienza University of Rome, Italy. Supervisor: Prof. C. Lombardo. 15th January-14th September 2016.

2015 Postgraduate training in general psychology/sleep research at the Clinical Psychophysiology Laboratory of the Department of Psychology, Sapienza University of Rome, Italy. Supervisor: Prof. C. Lombardo. 15th September 2015-14th March 2016.

2015 "Cognitive behavioral therapy for insomnia in children and adults". Prof. C. Morin, Prof. C. Espie, Dr. K. Spiegelhalter. Course held by the World Sleep Federation, 31st October, Istanbul, Turkey.

2015 "Sleep and Circadian Neuroscience/Sleep Medicine" summer school at the Sleep and Circadian Neuroscience Institute of the University of Oxford, UK. 19th-24th July.

2015 Sleep Medicine lectures held by Dr. Chiara Baglioni at the Department of Clinical Psychology and Psychophysiology/Sleep Medicine, Center for Mental Disorders, Medical Center – University of Freiburg, Germany. 4th and 11th June.

MEMBERSHIP IN SCIENTIFIC SOCIETIES:

From 2016 European Sleep Research Society (ESRS).

MANUSCRIPT REVIEWS:

Behavioral Sleep Medicine, Eating and Weight Disorders, Cognitivismo Clinico.

CONTRACTS FOR RESEARCH ACTIVITIES:

- 2016 Contract for research activities at the Department of Psychology, Sapienza University of Rome, Italy. Title of the project: *The effects of chronic and acute sleep deprivation on executive functions and eating behaviour regulation*. Supervisor: Prof. C. Lombardo. 1st-30th May.
- 2015 Contract for research activities at the Sleep Laboratory of the Department of Clinical Psychology and Psychophysiology/Sleep Medicine, Center for Mental Disorders, Medical Center – University of Freiburg, Germany. Supervisor: Prof. D. Riemann. Title of the project: *Network meta-analysis on the efficacy of cognitive behavioural therapy for insomnia on depression and fatigue symptoms*. 1st-30th September.

SCHOLARSHIPS AND GRANTS:

- 2017 Mobility grant for PhD students of 3.000 Euro funded by Sapienza University of Rome for the project: *EXECUTION: EXECutive fUncTions In yOuNg adults with insomnia*, to undertake research activities from January to April 2018 at the Sleep and Circadian Neuroscience Institute, Nuffield Department of Clinical Neurosciences, University of Oxford, UK. Supervisor: Dr. Simon D. Kyle.
- 2016 Research grant “Avvio alla ricerca” of 1.000 Euro funded by Sapienza University of Rome for the project: *Executive deficits in insomnia disorder: a controlled study*.
- 2015 Studentship funded by Sapienza University of Rome to undertake the doctoral program in “Psychology and Cognitive Science” at the Department of Psychology. Title of the research project: *Executive functioning in insomnia disorder*. 2015-2018.
- 2015 Research grant of 2.800 Euro funded by Sapienza University of Rome and undertaken at the Sleep Laboratory of the Department of Clinical Psychology and Psychophysiology/Sleep Medicine, Center for Mental Disorders, Medical Center – University of Freiburg, Germany. Supervisor: Prof. D. Riemann. 28th April-1st July.
- 2014 Scholarship at the Clinical Psychophysiology Laboratory of the Department of Psychology, Sapienza University of Rome. Supervisor: Prof. C. Lombardo. Title of the project: *The effects of partial sleep deprivation on emotion regulation, food intake and executive functions*.
- 2014 Erasmus grant. Clinical and Health Psychology MSc program at Eotvos Lorand University of Budapest, Hungary. February-June.
- 2013 Scholarship at the Individual Differences Laboratory of the Department of Psychology, Sapienza University of Rome. Supervisor: Prof. C. Pastorelli. February-June.

PRIZES:

2016 Prize of the Psychology Postgraduate Affairs Group (PsyPAG) for the poster: **A. Ballesio**, MRJ Aquino, B Feige, A Johann, SD Kyle, K Spiegelhalter, C Lombardo, G Rücker, D Riemann & C Baglioni. *The effectiveness of cognitive behavioural therapies for insomnia on daytime symptoms of fatigue: findings from a network meta-analysis*. University of York, UK, 29th June.

TECHNIQUES:

Softwares: Statistical: SPSS; COMPREHENSIVE META-ANALYSIS; R package “net-meta” (basic knowledge).

ORAL PRESENTATIONS:

2016 September: **A. Ballesio**, MRJ Aquino, B Feige, A Johann, SD Kyle, K Spiegelhalter, C Lombardo, G Rücker, D Riemann & C Baglioni. *Network meta-analysis on the effectiveness of cognitive behavioral therapies for insomnia on daytime depression and fatigue*. XXIII European Sleep Research Congress, Bologna (Italy).

LIST OF PUBLICATIONS

ARTICLES PUBLISHED ON PEER-REVIEWED JOURNALS

1. **Ballesio A**, Aquino MRJ, Feige B, Johann A, Kyle SD, Spiegelhalter K, Lombardo C, Rücker G, Riemann D & Baglioni C (2017). The effectiveness of behavioural and cognitive behavioural therapies for insomnia on depressive and fatigue symptoms: a systematic review and network meta-analysis. *Sleep Medicine Reviews*, in press. doi: 10.1016/j.smr.2017.01.006 (IF= 7.431).
2. **Ballesio A**, Lombardo C (2016). Commentary: the relationship between sleep complaints, depression and executive functions on older adults. *Frontiers in Psychology*, 7:1870. doi: 10.3389/fpsyg.2016.01870. (IF= 2.463).
3. Cerolini S, **Ballesio A** & Lombardo C (2016). Emotional experience, presence and severity of insomnia and depressive symptoms: an ecological study of their effects on sleep quality. *Mental Health in Family Medicine*, 12:282-87. (IF= 2.22).
4. Cerolini S, **Ballesio A** & Lombardo C (2015). Insomnia and emotion regulation: recent findings and suggestions for treatment. *Journal of Sleep Disorders and Management*, 1:1-5. (IF= not reported in ISI web of knowledge).

MANUSCRIPTS CURRENTLY IN PROCESS OR UNDER REVIEW ON PEER-REVIEWED JOURNALS

1. **Ballesio A**, Aquino MRJ, Kyle SD, Ferlazzo F, Lombardo C (2017). Executive functions in insomnia disorder: a systematic review and meta-analysis. *Sleep Medicine Reviews*, accepted with major revision. (IF= 7.431).
2. **Ballesio A**, Mallia L, Cellini N, Cerolini S, & Lombardo C (2017). Italian adaptation of the Insomnia Catastrophizing Scale (ICS): An instrument to assess insomnia-specific catastrophizing thoughts. *Neurological Sciences*, submitted, (IF= 1.783).
3. Lombardo C, Cerolini S, **Ballesio A**, Ferlazzo F (2017). The effects partial sleep deprivation on energy intake in good sleepers and participants reporting symptoms of chronic insomnia. *Journal of Sleep Research*, in preparation, (IF=3.093).
4. **Ballesio A**, Cerolini S, Ferlazzo F, Lombardo C (2017). One night of sleep loss is as worst as chronic insomnia for executive functions in good sleepers. *Sleep Medicine*, in preparation, (IF=3.339).

CONFERENCE PROCEEDINGS PUBLISHED ON PEER-REVIEWED JOURNALS

1. Cerolini S, Rogers R, **Ballesio A**, Lombardo C (2017). Sleep deprivation and food intake in binge eating behavior controlling for emotional eating. *European Health Psychologist*, accepted.
2. **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, pp. A154-A155. doi: <https://doi.org/10.1093/sleepj/zsx050.416>.
3. Lombardo C, Cerolini S, **Ballesio A** & Gasparrini G (2016). The effect of acute and chronic partial sleep deprivation on attentional and emotional responses to food stimuli. *Mediterranean Journal of Clinical Psychology*, Suppl 4/2a.
4. **Ballesio A**, Aquino MRJ, Feige B, Johann A, Kyle SD, Spiegelhalter K, Lombardo C, Riemann D & Baglioni C (2016). The effectiveness of cognitive behavioral therapy for insomnia on fatigue symptoms: A systematic examination of randomized controlled trials. *Sleep*, vol. 39, Suppl. 1, 0591.

5. 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. *Eating and Weight Disorders*, 21:315-348.
6. Lombardo C, Cerolini S, **Ballesio A** & Gasparrini G (2016). The effects partial sleep deprivation on energy intake in good sleepers and participants reporting symptoms of chronic insomnia. *Journal of Sleep Research*, vol. 25, Suppl. 1, P205.
7. **Ballesio A**, Aquino MJR, Feige B, Johann A, Kyle SD, Spiegelhalder K, Lombardo C, Rücker G, Riemann D & Baglioni C (2016). Network meta-analysis on the effectiveness of cognitive behavioral therapies for insomnia on daytime depression and fatigue. *Journal of Sleep Research*, vol. 25, Suppl. 1, 0365.
8. Lombardo C, **Ballesio A**, Cerolini S, Gasparrini G, Rosato A & Ferlazzo F (2016). The effects of chronic and acute sleep deprivation on executive functions and emotion regulation. *Journal of Sleep Research*, vol. 25, Suppl. 1, P197.