

## PERSONAL INFORMATION



## Giulia Perasso

Office Address: XXXXXXXXXXXXXXXXXXXXXXXXXXXX

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Gender Female | Birth xxxxxxxxx | Nationality Italian

PROFESSIONAL  
EXPERIENCE

01.06.2024 – 01.06.2025

## Postdoctoral Research Fellowship

University of Genoa, Via Balbi, 5, 16126 Genoa, Italy

INDIRE, Via Michelangelo Buonarroti, 10, 50122 Florence, Italy

I collaborate with the National Institute for Documentation, Innovation and Educational Research (INDIRE) on a research project at the University of Genoa titled "Personalizing Teaching Pathways to Support the Development and Well-being of Students." The project aims to enhance the unique characteristics of each student by using tools and interventions that foster cognitive and emotional autonomy as well as relational processes. In particular, we explore the use of digital technologies to strengthen these processes, developing observation grids and questionnaires to support teachers in evaluating students' potential and satisfaction, thereby improving classroom climate and motivation. Field: Scientific Research, Science Communication, Education

10.10.2021 – 31.06.2024

## Research Collaborator

Patrizio Paoletti Foundation for Development and Communication Via Nazionale, 230, 00184, Rome, Italy

Application of quantitative and qualitative research designs to study variables related to psychosocial well-being in populations at risk of psychological vulnerability (criminal justice system, juvenile justice system, adolescents and schools during and after the pandemic, populations affected by emergencies), such as resilience, coping, emotional regulation, self-compassion, and self-determination. Training and scientific dissemination in the psycho-pedagogical field. Field: Scientific Research, Science Communication, Education

01.09.2021-oggi

## Psychologist and Psychotherapist

Private Practice

Via XX Settembre 14/16, 16100, Genoa, Italy

- Parental support
- Psychological assessment for children, adolescents, and adults
- Treatment of anxiety and depressive symptoms in adults and children

Field: Clinical Psychology and Psychotherapy

01.10.2021-01.10.2022

## Scientific coordinator

David Chiossone Foundation

Corso Armellini, 11 – 16122 Genoa, Italy

Scientific coordinator of the SO FAR, SO NEAR project, funded by the Compagnia di San Paolo Foundation in 2021. Coordination of an interdisciplinary research design involving orthoptists and psychologists. Scientific production of reports, posters, scientific articles, conference proceedings, and peer-reviewed book chapters regarding the experience of telerehabilitation for children and adults with visual impairments during the pandemic, and the adaptation of protocols in the post-pandemic period

Field: Scientific Research

01.09.2020-01.10.202

## Psychologist and Scientific Collaborator

Il Porto dei Piccoli Onlus

Via Fieschi, 19/9, 16121 Genoa, Italy

Scientific research consultant for Il Porto dei Piccoli, Genoa. Scientific output focused on the Play Specialist approach at the Giannina Gaslini Children's Hospital in Genoa, aimed at enhancing the well-being of hospitalized children. Implementation of interventions to support the psychosocial well-being of hospitalized children. Conduction of international Round Tables. Evaluation and research within the project "A Safe Harbor in the Storm," funded by the Italian Ministry of Labour and Social Policies (Call 1/2020, ranking D.D. 307/2020, 17.09.2020). Field: Scientific Research, Psychological Support

## 10.2017-10.2020 **Ph.D. in Psychology, Neuroscience, Data Science**

Attachment and Parenting Support Psychology Lab (LAG)  
Department of Psychology, University of Pavia  
Piazza Botta 11, 27100 Pavia, Italy

Conducted studies using data from the Health Behaviour in School-Aged Children (HBSC) protocol (Lombardy Region, 2014), promoted by the Italian National Institute of Health and the World Health Organization. Research focused on health-related and risk behaviors in developmental age, with an emphasis on protective factors related to family dynamics, parenting, and communication patterns in lower and upper secondary schools. Delivered evidence-based training on parenting support interventions- Field: Scientific Research, Prevention, Psychological Support.

## 2016 **Professional Internship**

Centre for Abuse and Trauma Studies (CATS), Middlesex University London  
Church Farm House, Church End, London NW4 4JR, United Kingdom  
Collaboration on the project "Youths' Pathways into Cybercrime", conducted by Middlesex University, University College Dublin, and the UK National Crime Agency, aimed at educating adolescents on the responsible use of the internet- Conducted literature reviews, assisted in the implementation of focus groups and semi-structured interviews, and contributed to the production of outreach reports. Field: Scientific Research, Prevention

Teaching  
May-June 2024

### **Trainer – "Play and Therapy: Supporting Children with Cancer through the Play Specialist Approach"**

ANVOLT – National Association of Volunteers for the Fight Against Cancer  
Via Marcello Marini, 21, 60125 – Ancona, Italy

Delivered training as part of the project "Support pathways for children and adolescents living in a pediatric oncology context – Assistance, Research, Training," Action 2D, funded by the Italian

Ministry of Labour and Social Policies (Call No. 1/2023 for the funding of psychological, psychosocial, or health assistance activities for children affected by cancer and their families, pursuant to Article 1, paragraph 338, of Law No. 205 of December 27, 2017 – Year 2023)  
Field: Training, Developmental Psychology, Pediatrics, Prevention

## a.a. 2022-2023 **Contract Lecturer in Developmental Psychology**

a.a. 2021-2022 Contract Lecturer in Developmental Psychology  
University of Genoa - Department of Law  
Via Balbi, 5, 16136 Genoa, Italy

▪ Contract Lecturer in Developmental Psychology (M-Z) at the Department of Law, University of Genoa, for the second year of the Bachelor's degree in Social Work. Field: Training, Developmental Psychology

a.a. 2018-2019  
a.a. 2019-2020

## **Teaching Assistant MIUR**

Department of Psychology, University of Pavia  
Piazza Botta 11, 27100 Pavia, Italy

▪ MIUR Teaching Assistant for supporting Psychology students (LM-51) in the writing of their Master's Thesis  
Field: Training and teaching

- a.a. 2019-2020 **Teaching Assistant (Developmental Psychology)**  
 Department of Psychology, University of Pavia  
 Piazza Botta 11, 27100 Pavia, Italy  
 University Teaching Assistant  
 Support for Typical and Atypical Developmental Psychology and Socio-Emotional Courses  
 (Course coordinator: Prof. Lavinia Barone)  
 Field: Training, Developmental Psychology
- a.a. 2019-2020 **Teaching Assistant (General Psychology)**  
 Department of Psychology, University of Pavia  
 Piazza Botta 11, 27100 Pavia, Italy  
 University Teaching Assistant  
 Support for the Data Analysis Techniques Course (Course coordinator: Prof. Riccardo Russo). Field: Training, Psychometrics, Data Analysis
- a.a. 2017 **Subject Expert (Developmental Psychology)**  
 Department of Psychology, University of Pavia  
 Piazza Botta 11, 27100 Pavia, Italy  
 ▪ Subject expert in Typical and Atypical Developmental Psychology, and Socio-Emotional Development  
 Field: Training, Developmental Psychology

## EDUCATION

- (10/2017 – 10/2020) **Ph.D. in Psychology Neuroscience Data Science**  
 University of Pavia (Department of Neuroscience and Behavior Science, Via Bassi, 21)  
 Thesis defended on March 12, 2021.  
 Title: Associated Factors of Alcohol Use and Cyberbullying Victimization in Adolescence. Evidence from Health Behavior in School-Aged Children (HBSC) 2014.  
 Supervisor: Prof. Lavinia Barone; Coordinator: Prof. Gabriella Bottini  
 Grade: Excellent
- (09/2016-09/2017) **Master degree in Criminology, Investigative Sciences, Security**  
 University of Rome, Unitelma Sapienza  
 Thesis defended on March 15, 2018  
 Title: Youth Cybercrime, A Literature Review  
 Supervisor: Dr. Vincenzo Mastronardi  
 Grade: 108/110
- (2013 - 2015) **Master's Degree in Clinical Psychology**  
 University of Pavia (Department of Neuroscience and Behavior Science, Via Bassi, 21)  
 Thesis defended on July 7, 2015.  
 Title: Towards a Cyber-Mind: New Horizons and Derivatives of Thought in the Second Digital Revolution.  
 Grade: 110 with honors/110  
 Supervisor: Dr. Marco Francesconi; Co-supervisor: Dr. Massimo Recalcati

## SKILLS

Native Language Italian

Other Languages	UNDERSTANDING		SPEAKING		WRITING
	Listening	READING	Interaction	Speech	
English	C2	C2	C2	C2	C2
Spanish	B1	B2	B1	B2	B1

## Digital Skills

Data Processing	Self-assessment		Security	Problem Solving
	Communication	Content Creation		
Medium	Advanced	Advanced	Medium	Medium

- Software for statistics: IBM SPSS 23, Process Macro, R, R-Studio, Jamovi, Jasp, M-PLUS, NVivo.
- Excellent Knowledge of Microsoft Office

Driving Licence B

## ADDITIONAL INFORMATION

### References

Prof. Lavinia Barone, University of Pavia  
 Prof. Laura Traverso, University of Genoa  
 Dr. Elena Cocchi, David Chiossone Foundation, Genoa  
 Professor Aldo Vagge, University of Genoa  
 Prof. Edvige Veneselli, University of Genoa  
 Prof. Antonia Bifulco, Middlesex University (London)

### Dati personali

I authorize the processing of my personal data in accordance with Legislative Decree No. 196 of June 30, 2003, and the GDPR (EU Regulation 2016/679).

## TRAININGS

- EADP WINTER SCHOOL: "Translating Research Into Practice and Policy: the contribution of longitudinal and intervention research to promote child and adolescent development". Location: Florence (Italy). (Scientific committee: Professor Ersilia Menesini, Professor Katariina Salmela-Aro, Professor Marcel Van Aken). Jan-Feb 2019.
- AIP (EBI) INTERNATIONAL WINTER TRAINING SCHOOL – 4 th Edition Evidence-Based Interventions (EBI) Social and Emotional Competence in Infancy and Childhood: Developing Inclusion Location: Faculty of Medicine and Psychology, Sapienza University of Rome (Italy). Nov 2019.
- TRAINING CONNECT PARENT GROUP. Università di Pavia (Professor Lavinia Barone, University of Pavia; Professor Marlene Moretti, Simon Fraser University, Canada). May 2019.
- Introduction to Statistics with R (Professor D. Bernasconi), Università Bicocca (Jan 2018);
- Statistical Methods in Biomedical and Behavioural Research (Professor M. Comelli)

- Pavia University (Jul 2018);
- Data Mining and Data Analysis with R (Professor D. Gentilini), University of Pavia (June 2018)
  - Scientific Writing for Ph.D. Students (Professor L. Barone), University of Pavia (May-February 2018)
  - Systematic Review and Meta-analysis (Dr. I. Cristea), University of Bergamo (February 2018)
  - Experimental Research Methods (Professor R. Russo), University of Pavia (May 2018)
  - Statistics (Professor Alessio Toraldo), University of Pavia (January 2019)
  - Behavioral Science Methods (Professor Fulvia Castelli), University of Pavia (June-July 2019)
  - Multiple Regression Models to Study Direct and Conditional Effects: Mediation and Moderation Effects (Professor F. Presaghi), G. D'Annunzio University (Chieti-Pescara), July 2018 and July 2019 editions
  - Course on Ethics of Research and RRI (Dr. D. Ovidia, Dr. M.L. Fiorina), University of Pavia (February-June 2018)
  - Structural Equation Modeling with M-Plus (Dr. Pancani, Dr. Monzani), University of Bicocca (February-June 2020)

## Certificates

- Registration with the Order of Psychologists of Liguria – License No. 2742
- Videofeedback to Promote Positive Parenting and Sensitive Discipline, certified by the University of Pavia, 2018
- IELTS – Overall Score 7.0 (2016)
- Driver's License – Category B

## PUBBLICATIONS

### Impact

Scopus: Number of citations since 2018 = 89, H-index = 6, updated as of 03/04/2024

Google Scholar: Number of citations since 2018 = 192, H-index = 9, i10-index = 7, updated as of 03/04/2024

### Scientific Papers

Perasso, G., & Barone, L. (2018). Cyberbullismo, cyber-vittimizzazione e differenze di genere in adolescenza. *Psicologia Clinica Dello Sviluppo*, 22(2), 241–268. DOI: 10.1449/90830

Perasso, G., & Barone, L. (2019). Associazione tra Cyber-bullismo e Attaccamento: una rassegna sistematica della letteratura. *Giornale Italiano Di Psicologia*, 2019(4), 915–940. DOI: 10.1421/95570

Perasso, G., Carone, N., Health Behaviour in School Aged Children Lombardy Group 2014 & Barone, L. (2019). Alcohol consumption in adolescence: the role of adolescents' gender, parental control, and family dinners attendance in an Italian HBSC sample. *Journal of Family Studies*, 1–13. DOI: 10.1080/13229400.2019.1676818

Perasso, G. (2019). L'efficacia dei pasti in famiglia nel contrastare i comportamenti a rischio in adolescenza. Una rassegna sistematica della letteratura. *Ricerche Di Psicologia*, 2019(4), 561–583. DOI: 10.3280/RIP2019-004001.

Perasso, G., Carraro E., & Ozturk, Y. (2020). Family mealtime against adolescents' drinking, drug use, and other risk behaviours. Then and now. *Salud y Drogas [Health & Addictions]* 20(2), 119-134. DOI: 10.21134/haaj.v20i2.540

Perasso, G., Carone, N., Health Behaviour in School Aged Children Lombardy Group 2014 & Barone, L. (2020). Written and visual cyberbullying victimization in adolescence: Shared and unique associated factors. *European Journal of Developmental Psychology*, 1–20. DOI:10.1080/17405629.2020.1810661

Perasso, G., & Barone, L. (2020). I fattori associati alla cyber-vittimizzazione delle adolescenti. Uno studio sui dati Health Behaviour in School-Aged Children della regione Lombardia. *Psicologia Clinica Dello Sviluppo*, Early Access Novembre 2020, 1-20. <http://dx.doi.org/10.1449/98297>

Perasso, G., Health Behaviour in School Aged Children Lombardy Group 2014 & Barone, L. (2021). School Communication Strategies improve School Surroundings' Safety: The moderation of Students' Participation and Anti-Bullying Programs in northern Italy. *Journal of Psychological & Educational Research*, Vol. 29 Issue 1, p7-33. 27p.

Perasso, G., Camurati, G., Morrin, E., Dill, C., Dolidze, K., Clegg, T., ... & Rippen, H. (2021). Five Reasons Why Pediatric Settings Should Integrate the Play Specialist and Five Issues in Practice. *Frontiers in Psychology*, 2528. <https://doi.org/10.3389/fpsyg.2021.687292>

Perasso, G., Allegri, C., Maggiore, A., & Camurati, G. (2022). L'intervento telematico basato sul modello Play Specialist. Indagine qualitativa su un'esperienza psicopedagogica durante la pandemia. *Orientamenti Pedagogici*, 69(3).

Perasso G., Disma, N., Mattioli, G. et al. (2021). Children's and Parents' Anxiety Levels pre and post Thoracoplasty. Play Specialist-based Intervention beneficial Outcomes. *Ricerche di Psicologia-Open Access*, 2021, 3. <https://doi.org/10.3280/rip2021oa12716>

Perasso, G., Allegri, C., & Camurati, G. (2021). Child Play Specialist e Child Life Specialist: ruolo, evoluzione storica e benefici per il paziente pediatrico. Una rassegna della letteratura. *Psicologia della Salute*, 2021(3), 57-81. DOI 10.3280/PDS2021-003011

Paoletti, P., Di Giuseppe, T., Lillo, C., Ben-Soussan, T. D., Bozkurt, A., Tabibnia, G., ... & Perasso, G. F. (2022). What can we learn from the COVID-19 pandemic? Resilience for the future and neuropsychopedagogical insights. *Frontiers in Psychology*, 5403. <https://doi.org/10.3389/fpsyg.2022.993991>

Paoletti, P., Di Giuseppe, T., Lillo, C., Serantoni, G., Perasso, G., Maculan, A., & Vianello, F. (2022). La resilienza nel circuito penale minorile in tempi di pandemia: un'esperienza di studio e formazione basata sul modello sferico della coscienza su un gruppo di educatori. *Narrare i gruppi*, 10 luglio 2022, pagine 01-21.

Di Giuseppe, T., Perasso, G., Paoletti, P., Mazzeo, C., Maculan, A., Vianello, F. (2022). Envisioning the future: A neuropsychopedagogical intervention on resilience predictors among inmates during the pandemic. *Ricerche di Psicologia*, Open Access. <https://doi.org/10.3280/rip2022oa14724>

Paoletti, P., Di Giuseppe, T., Lillo, C., Serantoni, G., Perasso, G., Maculan, A., & Vianello, F. (2023). Training Spherical Resilience in Educators of the Juvenile Justice System during Pandemic. *World Futures*, 1-18. <https://doi.org/10.1080/02604027.2023.2169569>

Perasso, G., Baghino, C., Cocchi, E., Dini, S., Panizzi, A., Salvagno, V., ... & Vagge, A. (2023). Visual Telerehabilitation with Visually Impaired Children: From the Pandemic Emergency to a Stand-Alone Method. *Life*, 13(3), 725. <https://doi.org/10.3390/life13030725>

Paoletti, P., Perasso, G. F., Lillo, C., Serantoni, G., Maculan, A., Vianello, F., & Di Giuseppe, T. Envisioning the Future for Families running away from War: challenges and resources of Ukrainian parents in Italy. *Frontiers in Psychology*, 14, 793. <https://doi.org/10.3389/fpsyg.2023.1122264>

Di Giuseppe, T., Serantoni, G., Paoletti, P., Perasso, G. (2023). Un sondaggio a quattro anni da Prefigurare il Futuro, un intervento neuropsicopedagogico post-sisma [A survey four years after Envisioning the Future, a post-earthquake neuropsychopedagogic intervention ]. *Orientamenti Pedagogici* (70), 2, 79-85.

Perasso, G., Serantoni, G., Lillo, C., Maculan, A., Vianello, F., & Di Giuseppe, T. (2023). Teaching with What you Are: The Importance of Teachers' Positive Resources and of the Neuropsychopedagogical Training Envisioning the Future on Adolescents' Well-Being. A Correlational and Analysis of Variance Study. In *Human Development. Annual Volume 2023*.

Paoletti, P., Perasso, G., Lillo, C., Serantoni, G., Maculan, A., Vianello, F., & Di Giuseppe, T. (2023). Practice of silence to promote coping, emotion regulation, and future planning of imprisoned individuals during the COVID-19 pandemic: a qualitative study. *Journal of Offender Rehabilitation*, 1-19.



Maculan, A., Di Giuseppe, T., Vianello, F., Perasso, P., Paoletti, P. (2023). Comunità Carceraria, Relazioni e Resilienza. Esperienze e Riflessioni a partire dall'applicazione del Programma Prefigurare il Futuro nel carcere di Padova. *Rassegna Italiana di Criminologia*. XVII, 2, 96-104.  
<https://doi.org/10.7347/RIC-022023-p96>

Perasso, G., Serantoni, G., Lillo, C., Maculan, A., Paoletti, P., & Di Giuseppe, T. (2023). Emotions, social support and positive resources during Covid-19 pandemic: A qualitative-quantitative survey among Italian adolescents. *Ricerche Di Psicologia - Open Access*.  
<https://doi.org/10.3280/rip2023oa16630>

Di Giuseppe, T., Perasso, G., Serantoni, G., Lillo, C., Anella, S., Maculan, A., Vianello, F., Paoletti, P. (2023). A neuropsychopedagogical Training For Adolescents: An Exploratory Study On Self-Compassion And Detection Of Bullying Episodes. *Journal of Psychological and Educational Research* 31(2), 59-70.

Perasso G., Picco E., Di Bitonto P., Sozzani C., Martelli A., Miglioretti M., & Ripamonti C.A. (2023). Exploring Amico H impact: a promising tool to promote children's knowledge and adherence to medical procedures. *Psicologia della Salute*, 3/2023, 137-153.

## BOOKS

Perasso, G. & Ozturk, Y. (Eds. 2023). *Handbook of Research on Play Specialism Strategies to Prevent Pediatric Hospitalization Trauma*. Hershey, Pennsylvania: IGI Global. DOI: 10.4018/978-1-6684-5068-0

## CHAPTERS

Perasso, G., & Velotti, P. (2017). Difficulties in Emotion Regulation Scale. In V. Zeigler-Hill & T. K. Shackelford (Eds.), *Encyclopedia of Personality and Individual Differences* (pp. 1–3). Cham: Springer International Publishing. DOI: 10.1007/978-3-319-28099-8\_810-1

Perasso, G., & Ozturk, Y. (2019). Puberty. In V. Zeigler-Hill & T. K. Shackelford (Eds.), *Encyclopedia of Personality and Individual Differences*. Cham: Springer International Publishing. DOI: 10.1007/978-3-319-28099-8\_1895-1

Perasso, G. (2023). Strange Situation Procedure (SSP). In: Shackelford, T.K. (eds) *Encyclopedia of Sexual Psychology and Behavior*. Springer, Cham. [https://doi.org/10.1007/978-3-031-08956-5\\_128-1](https://doi.org/10.1007/978-3-031-08956-5_128-1)

Perasso, G., De Angelis, J. (2023). Child Maltreatment: Longitudinal Studies. In: Shackelford, T.K. (eds) *Encyclopedia of Domestic Violence*. Springer, Cham. [https://doi.org/10.1007/978-3-030-85493-5\\_1868-1](https://doi.org/10.1007/978-3-030-85493-5_1868-1)

## CONFERENCES

Rogier, G., Perasso, G., Velotti, P. (29th June –1st July, 2017). Risk Taking and Attachment in adolescence: the mediating role of emotion dysregulation. IAC International Attachment Conference, Putting Attachment Theory to work. From basic sciences to clinical application, Institute of Education, London.

G. Perasso, Health Behaviour in School Aged Children Lombardy Group 2014, & L. Barone. (2018). Gender, Parental Control and Alcohol Consumption During Adolescence. Contribution at XXXI AIP National Congress, section of Developmental and Education Psychology. University of Turin (Italy). Date: September 17th-19th, 2018.

Perasso, G., Perasso, G., Carone, N., Health Behaviour in School Aged Children Lombardy Group 2014, Barone, L., (2019), Barone, L. Cybervictimization in adolescence: bullying roles, gender differences and Internet use. Poster presented at XXXII AIP annual Congress (Developmental and Education Psychology). Naples (Italy) at University Federico II. Date: September 23rd-25th, 2019.

Perasso, G., Bagino, C., Capris, E., Cocchi, E., Dini, S., Facchini, V., ... & Salvagno, S. (2021,

October). Visual telerehabilitation in the Covid-19 era: tradition meets innovation. In INNODOCT: Congress intervention at University of Valencia, Spain (Vol. 27).

Di Giuseppe T., Perasso, G., Maculan A., Vianello F., Paoletti, P. (2022). Envisioning the Future: Ten Keys to Enhance Resilience Predictors Among Inmates. The Paris Conference on Education (PCE-2022, International Academic Forum, IAFOR), 16-19 June 2022.

Di Giuseppe, T., Perasso, G., Maculan, A., Vianello, F., Paoletti, P. (2022). Envisioning the future: A remote neuropsychopedagogic intervention for inmates. International Conference on Innovation, Documentation and Education (INNODOCT) 2022, Valencia 2-7 Novembre.

Di Giuseppe T., Perasso, G., Serantoni, G., Lillo, C. Maculan A., Vianello F., Paoletti, P. (2023). Growing Stronger Together: Are Students' Positive Resources Correlated to Teachers' Features? How Could They Be Incremented?. The Paris Conference on Education (PCE-2022, International Academic Forum, IAFOR), 16-19 June 2023.