

CURRICULUM SANDRA SASSAROLI

PRESENT POSITION

Director of *Studi Cognitivi*, a government authorized Post Graduate Specialization School in Cognitive Psychotherapy with branches in Milan, Modena and San Benedetto del Tronto.

Head of the Department of Psychology of Milano Branch of Sigmund Freud University Vienna/Milano
Academic Teaching at Sigmund Freud University Vienna/Milano

EDUCATION

Specialized in Cognitive and Behavioral Psychotherapy with Dr. Vittorio F. Guidano since 1983.

Postgraduate in Psychiatry in 1980

Specialized in Systemic Psychotherapy with Prof. Carl Whitaker (Madison, Wisconsin - USA) since 1977

Graduated in General Medicine in 1975

PROFESSION AND TEACHING

Since July 2001 Director of *Studi Cognitivi* an authorized Post Graduate School in Cognitive Psychotherapy with branches in Milan, Modena and San Benedetto del Tronto.

Since 2014, Head of the Department of Psychology at Sigmund Freud University Vienna, Milano Branch.

Since 1999 to 2007 Director of the Post Graduate Specialization Course in Cognitive and Behavioral Psychotherapy organized by the South Tyrol region.

Since 1990 to 2013 professor in the post graduate Specialization course in Constructivist Psychotherapy at the Barcelona University with Prof. Manuel Villegas Besora

Since 1990 to 1999 didactical member of Cognitive Psychotherapy at the Association for Cognitive Psychology in Rome (APC)

Since 1982 teaching member of the *SITCC* - Società Italiana di Terapia Comportamentale e Cognitiva (Italian Society of Cognitive-Behavioral Therapy)

Taught Cognitive Psychotherapy in the post graduate Psychiatry course at the Università Cattolica del Sacro Cuore in Rome from 1981 to 1985

Worked in the public service (Mental health care - Rome) from 1980 to 1984 as a specialist.

PAPERS IN INDEXED AND PEER REVIEWED JOURNALS

Mansueto, G., Jarach, A., Caselli, G., Ruggiero, G. M., Sassaroli, S., Nikčević, A., ... & Palmieri, S. (2024). A systematic review of the relationship between generic and specific metacognitive beliefs and emotion dysregulation: a metacognitive model of emotion dysregulation. *Clinical Psychology & Psychotherapy*.

Palmieri S., Sassaroli S, Ruggiero G.M, Caselli G., Nocita R., Nikčević A., Spada M.M., Mansueto, G. (2024). Perfectionism in patients with eating disorders: the role of metacognitive beliefs and repetitive negative thinking. *Clinical Psychology & Psychotherapy* <https://doi.org/10.1002/cpp.2954>

Palmieri, S., Sassaroli, S., Ruggiero, G. M., Caselli, G., Spada, M. M., & Mansueto, G. (2023). Emotion Dysregulation in Patients with Eating Disorders: The Role of Metacognitions and Repetitive Negative Thinking. *Cognitive Therapy and Research*, 1-14.

Palmieri, S., Mansueto, G., Marchant, A. P., Sassaroli, S., Caselli, G., Ruggiero, G. M., Spada, M. M. (2023). The Metacognitions about Binge Eating Questionnaire: Investigation of the association between specific metacognitions and Binge Eating Disorder. *Clinical Psychology and Psychotherapy*, 1, 1–15

Mansueto, G., Marino, C., Palmieri, S., Offredi, A., Sarracino, D., Sassaroli, S., Ruggiero, G. M. & Caselli, G. (2022). Difficulties in emotion regulation: The role of repetitive negative thinking and metacognitive beliefs. *Journal of Affective Disorders*, 308, 473-483.

Mansueto, G., Palmieri, S., Marino, C., Caselli, G., Sassaroli, S., Ruggiero, G. M., & Spada, M. M. (2022). The Italian COVID-19 Anxiety Syndrome Scale: Investigation of the COVID-19 anxiety syndrome and its association with psychological symptoms in an Italian population. *Clinical Psychology & Psychotherapy*, 29(6), 1972-1990.

Palmieri, S., Sassaroli, S., Ruggiero, G. M., Caselli, G., Spada, M. M., & Mansueto, G. (2023). Emotion Dysregulation in Patients with Eating Disorders: The Role of Metacognitions and Repetitive Negative Thinking. *Cognitive Therapy and Research*, 1-14.

Palmieri, S., Mansueto, G., Marchant, A. P., Sassaroli, S., Caselli, G., Ruggiero, G. M., Spada, M. M. (2023). The Metacognitions about Binge Eating Questionnaire: Investigation of the association between specific metacognitions and Binge Eating Disorder. *Clinical Psychology and Psychotherapy*, 1, 1–15

Mansueto, G., Marino, C., Palmieri, S., Offredi, A., Sarracino, D., Sassaroli, S., ... & Caselli, G. (2022). Difficulties in emotion regulation: the role of repetitive negative thinking and metacognitive beliefs. *Journal of Affective Disorders*, 308, 473-483.

Mansueto, G., Palmieri, S., Marino, C., Caselli, G., Sassaroli, S., Ruggiero, G. M., Nikčević, A. V., & Spada, M. M. (2022). The Italian COVID-19 Anxiety Syndrome Scale: Investigation of the COVID-19

anxiety syndrome and its association with psychological symptoms in an Italian population. *Clinical Psychology & Psychotherapy*, 29(6), 1972–1990. <https://doi.org/10.1002/cpp.2767>

Palmieri, S., Mansueto, G., Ruggiero, G. M., Sassaroli, S., Borlimi, R., Bertelli, S., ... & Gambini, O. (2022). Credenze metacognitive e caratteristiche alimentari in pazienti con disturbi dell'alimentazione. *Psicoterapia Cognitiva e Comportamentale*, 28(1).

Riboli, G., Nese, M., Brighetti, G., Caselli, G., Sassaroli, S., & Borlimi, R. (2022). Network Analysis of the Psychological Distress in Non-Binary Young Adults: Implications for Counselors. *Journal of LGBTQ Issues in Counseling*, 16(2), 110-129.

Vergallito, A., Schiena, G., Maggioni, E., Sciortino, D., Casiraghi, L., Vedani, A., Sassaroli, S., & Lauro, L. J. R. (2023). Combining Metacognitive Therapy and tDCS: preliminary results in patients with Major Depressive Disorder. *Brain Stimulation*, 16(1), 291.

Palmieri, S., Mansueto, G., Ruggiero, G. M., Caselli, G., Sassaroli, S., & Spada, M. M. (2021). [Metacognitive beliefs across eating disorders and eating behaviours: A systematic review](#). *Clinical Psychology & Psychotherapy*.

Mansueto G, Cavallo C, Palmieri S, Ruggiero GM, Sassaroli S, Caselli G. Adverse childhood experiences and repetitive negative thinking in adulthood: A systematic review. *Clin Psychol Psychother*. 2021;1-12. <https://doi.org/10.1002/cpp.2590>

Scaini, S., Palmieri, S., Caselli, G., & Nobile, M. (2021). [Rumination thinking in childhood and adolescence: a brief review of candidate genes](#). *Journal of Affective Disorders*, 280(A), 197-202.

Sassaroli, S., Caselli, G., Mansueto, G., Palmieri, S., Pepe, A., Veronese, G., & Ruggiero, G. M. (2021). Validating the Diathesis–Stress Model Based Case Conceptualization Procedure in Cognitive Behavioral Therapies: The LIBET (Life Themes and Semi-Adaptive Plans—Implications of Biased Beliefs, Elicitation and Treatment) Procedure. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, 1-39.

Scaini, S., Piron, R., Nicoli, S., Fiore, F., DiGiuseppe, R., Ruggiero, G. M., & Caruso, C. (2021). A Cross-Validation of the Anger Cognitions Scale-Revised: Cognitions and Anger in an Italian Adolescent Sample. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, 1-17.

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Palmieri, S., Mansueto, G., Scaini, S., Caselli, G., Sapuppo, W., Spada, M. M., Sassaroli, S. & Ruggiero, G. M. (2021). Repetitive Negative Thinking and Eating Disorders: A Meta-Analysis of the Role of Worry and Rumination. *Journal of clinical medicine*, 10(11), 2448.

Vergallito, A., Gallucci, A., Pisoni, A., Caselli, G., Ruggiero, G. M., Sassaroli, S., & Lauro, L. J. R. (2021). Non-invasive brain stimulation effectiveness in anxiety disorder treatment: a meta-analysis on sham/behavior-controlled studies. medRxiv.

Spada, M. M., Nikčević, A. V., Kolubinski, D. C., Offredi, A., Giuri, S., Gemelli, A., Brugnoni, A., Ferrari, A., & Caselli, G. (2021). Metacognitions, rumination, and worry in Personality Disorder. *Journal of Affective Disorders*, 293, October 2021, 117-123. <https://doi.org/10.1016/j.jad.2021.06.024>

Mansueto, G., Cavallo, C., Palmieri, S., Ruggiero, G. M., Sassaroli, S., Caselli, G., (2021). Adverse childhood experiences and repetitive negative thinking in adulthood: A systematic review. *Clinical Psychology and Psychotherapy*, <https://doi.org/10.1002/cpp.2590>.

Sassaroli, S., Caselli, G., Mansueto, G., Palmieri, S., Pepe, A., Veronese, G., Ruggiero, G. M. (2021). Validating the diathesis-stress model based case conceptualization procedure in cognitive behavioral therapies: The LIBET (*Life themes and semi-adaptive plans: Implications of biased beliefs, elicitation and treatment*) procedure. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, accepted on 24th June 2021.

Favaretto, E., Offredi, A., Bedani, F., Schroffenegger, M., Sassaroli, S., Ruggiero, G. M., Fagiolini, & Caselli, G., (2020). Metacognitions and repetitive thinking in bipolar disorder and healthy controls: A comparative study. *Journal of Affective Disorders*, 276, 152-158.

Ruggiero, G. M., Caselli, G., & Sassaroli, S. (2020). Forum. Lo sviluppo dell'integrazione in psicoterapia. *Psicoterapia Cognitiva e Comportamentale*, 26(2), 83-104.

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Piron, R., Caselli, G., Sarracino, D., Ruggiero, G. M., & Sassaroli, S. (2019). La Terapia Razionale Emotiva Comportamentale in età evolutiva e lo sviluppo in Italia dell'Educazione Razionale Emotiva. Dagli aspetti teorici alla pratica psicoeducativa. *Psicoterapia Cognitiva e Comportamentale*, 25(2), 187-198.

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- Mansueto, G., Martino, F., Palmieri, S., Scaini, S., Ruggiero, G. M., Sassaroli, S., & Caselli, G. (2019). Desire Thinking across addictive behaviours: A systematic review and meta-analysis. *Addictive Behaviors*, 98(Epub), -. doi: [10.1016/j.addbeh.2019.06.007](https://doi.org/10.1016/j.addbeh.2019.06.007)
- Ruggiero, G.M., Caselli, G., Sassaroli, S. (2019). Risposta ai commenti su ‘Laicizzare la relazione terapeutica in psicoterapia cognitivo-comportamentale: la formulazione condivisa del caso [Response to comments on ‘Secularizing the therapeutic relationship in cognitive-behavioral psychotherapy: the shared formulation of the case]. *Psicoterapia Cognitiva e Comportamentale*, 25(1), 101-105.
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- Martino, F., Caselli, G., Di Tommaso, J., Sassaroli, S., Spada, M.M., Valenti, B., Berardi, D., Sasdelli, A., Menchetti, M. (2018). Anger and depressive rumination as predictors of dysregulated behaviours in borderline personality disorder. *Clinical Psychology & Psychotherapy*, 25, 188-194.
- Compare, A., Brugnera, A., Spada, M.M., Zarbo, C., Tasca, G.A., Sassaroli, S., Caselli, G., Ruggiero, G.M., Wittstein, I. (2018). The Role of Emotional Competence in Takotsubo Cardiomyopathy. *Psychosomatic Medicine* 80, 377-384.
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- Sassaroli, S., Caselli, G., Ruggiero, G.M. (2016). Un modello cognitive clinic di accertamento e concettualizzazione del caso: Life themes and plans Implications of biased Beliefs: Elicitation and Treatment (LIBET). *Psicoterapia Cognitiva e Comportamentale*, 22, 183-197.
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- Manfredi, C., Caselli, G., Pescini, F., Rossi, M., Rebecchi, D., Ruggiero, G.M., Sassaroli, S. (2016). Parental criticism, self-criticism and their relation to depressive mood: an exploratory study among a non-clinical population. *Research in Psychotherapy: Psychopathology, Process and Outcome*, 19, 1-8.
- Caselli, G., Manfredi, C., Ruggiero, G.M., Sassaroli, S. (2016). La terapia cognitivo-comportamentale dei disturbi d’ansia: una revisione degli studi di efficacia. *Psicoterapia Cognitiva e Comportamentale*, 22, 81-101.
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- Martino, F., Caselli, G., Berardi, D., Fiore, F., Marino, E. Menchetti, M. Prunetti, E., Ruggiero, G.M., Sasdelli, A., Selby, E., Sassaroli, S. (2015). Anger Rumination and aggressive behaviour in borderline personality disorder. *Personality and Mental Health*, 9, 277-87.
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