

Simona Scaini, PhD in Developmental Psychopathology

Nationality: Italian **Date of birth:** 3rd September 1983 **Gender:** Female

Department of Psychology,
Sigmund Freud University Milan
Ripa di Porta Ticinese 77, 20143, Milan, Italy.
Phone: +39.02.8324.1854
e-mail: s.scaini@milano-sfu.it

RESEARCH INTERESTS:

- Developmental Psychology and Psychopathology
- Psychological Assessment and Treatment in Childhood and Adolescence
- Social and Metacognitive Competence Development in Childhood
- Anxiety problems in Childhood
- Behavioral Genetics in Childhood and Adolescence
- Life events and Developmental Psychology and Psychopathology

Expertise keywords: Developmental Psychology and Psychopathology, Life Events, Social and Metacognitive Competence, Social Phobia, Anxiety in Childhood, Behavioral Genetics, CBT

RESEARCH and TEACHING EXPERIENCE:

December 2022-present

Full professor in Developmental Psychology
Department of Psychology, Sigmund Freud University, Milan, Italy.

September 2020-present

Ph.D. in Psychology Board Member
Sigmund Freud University, Vienna, Italy

October 2019-present

Deputy director, Milan Department of Psychology
Department of Psychology, Sigmund Freud University, Milan, Italy.

January 2019-present

Scientific Director, Child and Youth Lab
Department of Psychology, Sigmund Freud University, Milan, Italy.

July 2017-March 2022

Deputy director, BSc Psychology
Department of Psychology, Sigmund Freud University, Milan, Italy.

October 2015-December 2022

Tenured Lecturer in Developmental Psychology and Psychopathology
Department of Psychology, Sigmund Freud University, Milan, Italy.

2013-2015

Researcher and adjunct lecturer in Developmental Psychology and Psychopathology, Developmental Psychopathology Unit, Vita-Salute San Raffaele University, Milan, Italy

October-December 2012

Visiting student
SGDP Social, Genetic & Developmental Psychiatry Centre (MRC)- Institute of Psychiatry – **King's College London** 16 De Crespigny Park- London – UK
Edit Lab director Dr. Thalia Eley, PhD

Research activity on the relationships between Attributional Style, Depression and Antisocial Behaviours in a sample of adolescents (by a behavior genetics approach).

CLINICAL WORK EXPERIENCE:

2023-

Scientific Director

Italian Psychotherapy Clinics (Studi Cognitivi Group) (Center for Children and Adolescents, Milan, Italy, Center for Eating Disorders, Milan, Italy Center for Personality Disorders, Modena, Italy)

2021-2023

Scientific Director

Italian Psychotherapy Clinics (Studi Cognitivi Group) Center for Children and Adolescents, Milan, Italy

2009-present

Private practice as psychologist and psychotherapist in Clinical Child & Adolescent Psychology

2009-2015

Clinical Psychologist

San Raffaele Hospital, Milan, Italy Developmental Psychopathology Unit

Assessment and rehabilitation activities with children (6-18 years old) affected by Cognitive Difficulties, Internalizing (Anxiety, Depression) and Externalizing (ADHD) disorders.

EDUCATION:

2013

PhD in Developmental Psychopathology at Vita-Salute San Raffaele University, Department of Psychology, Milan, Italy. Thesis: '**Social Phobia in Developmental Age: from an Aetiological to a Clinical Investigation**'

Director of studies: Prof. Marco Battaglia.

2007

MSc in Clinical Psychology at Vita-Salute San Raffaele University, Department of Psychology, Milan, Italy.

Thesis title: Relation between stressful events and sensitivity to ipercapnic stimulus as intermediate phenotype for panic disorder (accepted for a Publication on **Psychotherapy and Psychosomatics**)

Final degree grade: 110/110 with first class honours

2005

BSc in Psychology at Vita-Salute San Raffaele University, Department of Psychology, Milan, Italy.

Thesis title: Social effectiveness therapy for children (SET-C) and cognitive-behavioral therapy for the treatment of social phobia in children and adolescents.

Final degree grade: 110/110 with first class honours

HONORS & AWARDS:

- 2009: fellowship awarded by the Social, Genetic & Developmental Psychiatry Center. Institute of Psychiatry, De Crespigny Park, London SE5 8AF UK for the attendance of the Summer School (director: Thalia Eley): Twin Model Fitting (Mx) Course.
- 2013: PhD project ('Social Phobia in Developmental Age: from an Aetiological to a Clinical Investigation') supported in part by the CARIPLLO Foundation "Human Talents" Grant for Academic Centres of Excellence in Post-Graduate Teaching (Duration: 3 years).
- 2014: fellowship for the development of the project 'Applications of advanced technologies in the study of the perception of emotions in subjects with social phobia in the age of development' (Duration: 1 year).
- 2015: NARSAD Young Investigator Award for a project entitled "Integrating multimodal affective information for emotion recognition in children with symptoms of anxiety disorders" from the Brain & Behavior Research Foundation, USA (Duration: 2 years).

PUBLICATIONS IN INTERNATIONAL PEER-REVIEWED JOURNALS:

<https://scholar.google.it/citations?user=35dY8rUAAAAJ&hl=it>

BOOK or CHAPTER:

Scaini, S., Caputi, M., Giani, L., Palmieri, S. (2023). Rumination. In Encyclopedia of Child and Adolescent Health as part of the Cognitive and Psychosocial Development Section edited by Bonnie Halpern-Felsher.

De Francesco, S, & Scaini, S. (2022). Twin pair studies interlinking genetics, environment and anxiety domains with anger. In Handbook of Anger, Aggression, and Violence. Springer.

Scaini, S., Palmieri, S., & Caputi, M. (2018). The Relationship between Parenting and Internalizing Problems in Childhood. In L. Benedetto, & M. Ingrassia (Eds.), Parenting - Empirical Advances and Intervention Resources (pp. e-pub). e-pub: InTech

REFEREE ACTIVITY:

e.g.

American Journal of Psychiatry
Annali dell'Istituto Superiore di Sanità
Annals of Depression and Anxiety
Behavior Genetics
Behavioural and Cognitive Psychotherapy
Clinical Psychology Review
Infant and child development
Journal Life Span and Disability
Journal of Affective Disorders
Journal of Depression Research and Treatment
Journal of Experimental Child Psychology
Journal of Psychology & Psychotherapy
Neuropsychiatric Disease and Treatment
PlosOne
Psychiatry Research
Psychology Research and Behavior Management
Research in Developmental Disabilities
The Journal of Nervous and Mental Disease
Wellcome Open Research

EDITORIAL BOARD MEMBERSHIP:

Italian Journal of Cognitive and Behavioural Psychotherapy
Guest Editor (2022) Special Issue "Conflictual Parent-Child Relationship and Children's Mental Health"-
Journal: International Journal of Environmental Research and Public Health

SCIENTIFIC ASSOCIATIONS:

Italian Association of Psychology (Developmental and Educational Psychology section)
Behavior Genetics Association (BGA)
Italian Association of Behavior Analysis and Modification and Cognitive-Behavioral Therapy (AIAMC)
Italian Society of Cognitive Behavioral Psychotherapy (CBT-Italia)
European Association for Behavioural and Cognitive Therapies (EABCT)

Milan, 5.3.24