

CURRICULUM VITAE

Silvia Caterina Maria Tomaino

TITLES

- **PhD** in Brain, Mind and Computer Science
- **Licensed Psychologist** - Board Certification in the Italian Chartered List of Psychologists, Ordine degli Psicologi della Lombardia, sezione A, n. 24055.

EDUCATION

- Currently **Psychotherapy trainee** – CESIPc, Centro studi in Psicoterapia Cognitiva Costruttivista, indirizzo Narrativo Ermeneutico located in Padova (PD).
- 2020-2023 **PhD cum laude** - at the University of Padua, in Brain Mind & Computer Science (BMCS). Thesis: “Psychologists and Clients in Online Interventions: New Tools and Resources to Promote Well-Being” (Supervisor: Prof Sabrina Cipolletta)
- 04-08.2023 **Visiting PhD** at the Blanquerna, Ramon Llull University, School of Psychology, Education and Sport Science. Barcelona, Spain. (Supervisor: Prof. Luis Botella)
- 2020 **Advanced course for Scientific Research (CARS):** “Analisi qualitativa con Atlas.ti 8” at the University of Padua
- 2017-2019 **Master Degree cum laude in Neuroscience and Neuropsychological Rehabilitation** at the University of Padua. Experimental thesis: “Cognitive reserve as index of survival and quality of life in heart transplant recipients” (Supervisor: Prof. Daniela Mapelli)
- 2017 **IELTS Academic**, Level C1, British Council
- 2017 **Inclusive Peer Tutor** at University of Padova
- 2014-2017 **Bachelor Degree in Psychological Sciences** at the Catholic University of the Sacred Heart (UCSC), Milan, Italy. Thesis “Supporting caregivers of elderly relatives diagnosed with Alzheimer” (Supervisor: Prof. Silvia Donato)

PROFESSIONAL EXPERIENCES

- 2024 - currently **Professor at bachelor and master degree of the Sigmund Freud University – Milan**
- From 2024 **Clinical psychologist, Padua**
- 2021-2024 **Clinical collaborator** at the Clinical Services for University Students (SCUP), section Psychological Assistance for International Students (PAIS), University of Padova.
- 2023 **Research collaborator** in a qualitative research project involving international students' tutor and buddies to collect their needs and challenges while working with international students at the University of Padua.
- 2022 **Part of the Organizing Committee** in the 24th INTERNATIONAL PERSONAL CONSTRUCT PSYCHOLOGY CONGRESS that was held in Padua, Italy – from 13th to 16th July, 2022
- 2021 **Badge for “International Research Collaboration”** from Northeastern University, Boston, for COVID-19 related research projects and publications carried out within an international group of collaborators.
- 2020 - currently **Reviewer for scientific journals** such as: *Multimedia Tools and Applications, Ageing & Society, Scandinavian Journal of Occupational Therapy, Counselling and Psychotherapy Research, Psychology Research and Practice, Journal of Constructivist Psychology, BMC Public Health and Frontiers in Psychology.*
- 2019-2023 **Collaborator and trained staff of a national research project** in collaboration with the National Centre for Transplantation (CNT) entitled “Perceptions of post-mortem organ donation and will expression in Italy”. Conductor of focus groups with different groups of the Italian population (health-care professionals, registry office employees, young population, adult population, opinion leaders), data collection and analysis.
- 2019-2020 **Post-lauream research internship** at Department of General Psychology, University of Padova. Actively involved in Health Psychology research projects including the following areas: E-Health, Online communities, Illness trajectories, Chronic Illnesses, Social support, Caregiving, Health professionals, Organ donation, Covid-19.
- 03-07.2019 **Research internship (Master degree)** at Azienda Ospedaliera di Padova, “Gallucci” Cardiosurgery Center. Neuropsychological and clinical evaluation of patients candidate to organ transplantation and transplanted (heart, lungs and kidney). Research project for master's degree thesis: Neuropsychological and well-being evaluation of patients before and after heart transplantation, plus psychological evaluation of their informal caregivers.

- 2018-2019 **Group Leader for Erasmus + Programme** of the European Union (Eurodesk) international exchanges in collaboration with Padova Municipality (Ufficio Progetto Giovani). Organizational work and team leader for groups of adolescents and young adults (14-25 years old).
- 10.2019 - Larissa, Greece “Active Youth Challenge”
- 10.2018 - Kassel, Germany “Active Youth Participation”
- 08.2018 - Amsterdam, Netherlands “Focus Your Vision”
- 05-07.2017 **Trainee (Bachelor degree)** at SerT (“Servizi per le Tossicodipendenze”) via Albenga, Milano. Observer and Organisational support of self-help groups to enhance and support parental relationship between children and their fathers as prisoners detained.
- 06-07.2016 **Trainee (Bachelor degree)** at Consultorio Familiare “Istituto la Casa”, via Lattuada, Milano. Observer and organisational support of psychoeducational interventions and focus groups involving parents dealing with children dependent from digital tools and social media.

TEACHING ACTIVITY

Lecture within the teaching course of “Health Psychology and Psychotherapy” held by Professor Luis Botella at the Blanquerna Ramon Llull University, Barcelona. The teaching covered the resources and limitation of psychological interventions delivered online with a discussion over clinical implications of such interventions, 4 May, 2023.

Lecture “Consultation Techniques” at the International master course PC2 - Personal Construct Psychology and Counselling University of Padua, 19 May, 2023.

Lecture “La comunicazione in ambito professionale” at the master of Architectural Psychology, Università degli Studi di Padova, 6 February 2023.

Lecture “Teorie e metodi di ricerca psicosociale in contesti socio sanitari” at the Specialization school of Health Psychology, Università degli Studi di Padova, 8-9 April 2022

Lecture “La comunicazione in ambito professionale” at the master of Architectural Psychology, Università degli Studi di Padova, 14 January 2022.

Lecture (May, 2021) at the University of Padua - within the teaching course of “Social Psychology and Health”. Title “Caregiving for a parent with dementia during the pandemic, challenges and stories from Northern Italy”

PUBLICATIONS

ORCID: <https://orcid.org/0000-0001-8760-6459>

GOOGLE SCHOLAR: <https://scholar.google.com/citations?user=ezk57UIAAAAJ&hl=it>

Tomaino, S. C. M., Venier, E. & Cipolletta, S. (2024). We are all in this together: narratives of a blended intervention to support well-being and social connectedness in international students enrolled to an Italian University, *Journal of Community and Applied Social Psychology* (under review)

Cipolletta, S., Tomaino, S. C. M., Bouchard, S., Berthiaume, M., & Manzoni, G. M. (2024). Validation of the Italian version of the telepresence in videoconference scale (TVS) in a sample of psychologists and psychotherapists during the COVID - 19 pandemic. *Clinical Psychology & Psychotherapy*, 31(3).
<https://doi.org/10.1002/cpp.3015>

Tomaino, S. C. M. (2024). PSYCHOLOGISTS AND CLIENTS IN ONLINE INTERVENTIONS: NEW TOOLS AND RESOURCES TO PROMOTE WELL-BEING, *Doctoral thesis*, handle: [11577/3511377](https://doi.org/10.1111/1365-2214.12681)

Tomaino, S. C. M. (2023). Broadening Ideas and Practices in Therapy: The Importance of Questioning the “One Size Fits All” and Sustaining a Certain Amount of Confusion to Embrace Contemporary Challenges, *Journal of Constructivist Psychology*, DOI: [10.1080/10720537.2023.2279108](https://doi.org/10.1080/10720537.2023.2279108)

Cipolletta, S., Tomaino, S. C. M., Brena, A., Di Ciaccio, P., Gentile, M., Procaccio, F., & Cardillo, M. (2023). Life beyond life: Perceptions of post-mortem organ donation and consent to donate—A focus group study in Italy. *British Journal of Health Psychology*, 00, 1–19. <https://doi.org/10.1111/bjhp.12681>

Tomaino, S.C.M., Manzoni, G.M., Brotto, G., & Cipolletta, S. (2023). Breaking down the screen: Italian psychologists' and psychotherapists' experiences of the therapeutic relationship in online interventions during the COVID-19 pandemic. *International Journal of Environmental Research and Public Health*, 20, 1037. <https://doi.org/10.3390/ijerph20021037>

Szczuka, Z., Siwa, M., Abraham, C., Baban, A., Brooks, S., Cipolletta, S., Danso, E., Dombrowski, S. U., Gan, Y., Gaspar, T., Gaspar de Matos, M., Griva, K., Jongenelis, M., Keller, J., Knoll, N., Ma, J., Abdul Awal Miah, M., Morgan, K., Peraud, W., . . . Tomaino, S. C. M., Luszczynska, A. (2023). Handwashing adherence during the COVID-19 pandemic: A longitudinal study based on protection motivation theory. *Social Science & Medicine*, 317, 115569. <https://doi.org/10.1016/j.socscimed.2022.115569>

Cipolletta, S., Tomaino, S. C. M., Rivest-Beaugard, M., Sapkota, R. P., Brunet, A., & Winter, D. (2022). Narratives of the worst experiences associated with peritraumatic distress during the COVID-19 pandemic: a mixed method study in the USA and Italy, *European Journal of Psychotraumatology*, 13:2, 2129359, DOI: 10.1080/20008066.2022.2129359

Tomaino, S. C. M., Viganò, G., & Cipolletta, S. (2022). The COVID-19 Crisis as an Evolutionary Catalyst of Online Psychological Interventions. A Systematic Review and Qualitative Synthesis, *International Journal of Human-Computer Interaction*, DOI: 10.1080/10447318.2022.2111047

Peters, G. Y., Kwasnicka, D., Crutzen, R., ten Hoor, G. A., Varol, T., Berry, E., . . . Tomaino, S.C.M., Verweij, S., Vluggen, S., Warner, L.M., Watkins, R.E., Zörgö, S., & Roozen, S. (2021, June 29). The Your COVID-19 Risk Assessment Tool and the Accompanying Open Access Data and Materials Repositories. <https://doi.org/10.31219/osf.io/b8n5g>

Szczuka, Z., Abraham, C., Baban, A., Brooks, S., Cipolletta, S., Danso, E., Dombrowski, S. U., Gan, Y., Gaspar, T., de Matos, M. G., Griva, K., Jongenelis, M., Keller, J., Knoll, N., Ma, J., Miah, M. A. A., Morgan, K., Peraud, W., Quintard, B., . . . Tomaino, S.C.M., Luszczynska, A. (2021). The trajectory of COVID-19 pandemic and handwashing adherence: findings from 14 countries. *BMC Public Health*, 21(1).

Todorova, I.; Albers, L.; Aronson, N.; Baban, A.; Benyamini, Y.; Cipolletta, S.; ... Tomaino, S.C.M.; Vollmann, M.; Winter, D.; Xie, M.; Xuan Ning, S.; & Zlatarska, A. (2021). What I thought was so important isn't really that important": International perspectives on making meaning during the first wave of the COVID-19 pandemic. *Health Psychology and Behavioral Medicine*, 9(1), 830–857. <https://doi.org/10.1080/21642850.2021.1981909>

Luszczynska, A., Szczuka, Z., Abraham, C., Baban, A., Brooks, S., Cipolletta, S., Danso, E., Dombrowski, S. U., Gan, Y., Gaspar, T., de Matos, M. G., Griva, K., Jongenelis, M. I., Keller, J., Knoll, N., Ma, J., Miah, M. A. A., Morgan, K., Peraud, W., . . . Tomaino, S.C.M., Wolf, H. (2021). The Interplay Between Strictness of Policies and Individuals' Self-Regulatory Efforts: Associations with Handwashing During the COVID-19 Pandemic. *Annals of Behavioral Medicine*, 56(4), 368–380. <https://doi.org/10.1093/abm/kaab102>

Tomaino, S. C. M., Cipolletta, S., Kostova, Z., Todorova, I. (2021). Stories of Life during the First Wave of the COVID-19 Pandemic in Italy: A Qualitative Study. *Int. J. Environ. Res. Public Health*, 18,7630. <https://doi.org/10.3390/ijerph18147630>

Cipolletta, S., Morandini, B., Tomaino, S. C. M. (2023). Caring for a person with dementia during the COVID-19 pandemic: a qualitative study with family caregivers. *Ageing & Society* 1–21. <https://doi.org/10.1017/S0144686X21000696>

Parenti, G., Cipolletta, S., & Tomaino, S. C. M. (2020). The experience of living with rheumatoid arthritis: A qualitative meta-synthesis. *J. of Clinical Nursing* 00: 1–15. <https://doi.org/10.1111/jocn.15428>

Cipolletta, S., Tomaino, S. C. M., Lo Magno, E., & Faccio, E., (2020). Illness experience and attitude toward medication in online communities for people with fibromyalgia. *Int. J. Environ. Res. Public Health* 17, 8683; doi:10.3390/ijerph17228683

Conti, D. M., Agnelli, G. M., Chiroque Cruz, K. J., Tomaino, S. C. M., Favero, C., Marchiori, E., Gambino, G., & Vigna, L. (2020). The impact of combined nutraceutical supplementation on work-related stress, mood and eating disorders during the menopausal transition: a pilot study. *Progress in Nutrition*, 22(3). DOI:10.23751/pn.v22i3.9838

Vigna, L., Brunani, A., Agnelli, G. M., Ingenito, M. R., Tomaino, S., Consonni, D., Capodaglio, P., & Donini, L. M. (2018). Defining the appropriate setting for treating obese patients: do we have the right tools? *Eating and weight Disorders: EWD*. 23(6): 871-76.

Vigna, L., Brunani, A., Gori, F., Mussino, F., Tomaino, S., Agnelli, G. M., Consonni, D., & Riboldi, L. (2018). Edmonton Obesity Staging System (EOSS) and Work Ability in the Evaluation of Workers Affected by Obesity: A Preliminary Report. *Journal of occupational and environmental medicine*. 60(8),732-36.

CHAPTERS IN BOOKS

Cipolletta, S. & **Tomaino, S. C. M.** (2021). *La comunicazione nelle organizzazioni*. in Allenare le soft skill: Teoria e pratica, ed. Giulio Vidotto, Marta Ghisi, M. Chiara Sergotti & Ivana Simeone. Marsilio Editori s.p.a. in Venezia.

Cipolletta, S., & **Tomaino, S. C. M.** (2022). *La nuova frontiera telematica nell'ambito della salute*. In *Psicologia e salute*, ed. Paola Gremigni & Alessandra Gorini. Carocci Editore.

PRESENTATIONS AT CONFERENCES

- 2023 **Oral presentation** of “Attitude, intention and will expression on post-mortem organ donation in the Italian population” at the **EHPS conference** (Bremen) (presented online).
- 2023 **Oral presentation** of a workshop “We are all in this together - construing loneliness and social isolation together by playing with Personal Construct Psychology self-help materials” at the **PCP conference** (Barcelona, Spain)
- 2023 **Oral presentation** of “Quali prospettive per la telepsicologia nell'ambito della salute? Le esperienze di psicolog* e psicoterapeut* Italian* con la consulenza online nel periodo COVID” at the **SIPSA congress** (Cagliari)
- 2022 **Oral presentation** “Online interventions and therapeutic relationship online, experiences from Italian psychologists and psychotherapists during the pandemic” AIP conference 2022 (Padova).
- 2022 **Oral presentation** “Moving forward with online interventions and therapeutic relationship online, Italian professionals’ experiences from the pandemic” to **EHPS Conference (European Health Psychology Society)** (Bratislava)
- 2022 **Oral presentation** “Construing our dimension: professionals’ narratives and experiences of presence in online psychotherapy” alla 24th International Congress of Personal Construct Psychology (PCP Conference) (Padova)
- 2021 **Oral presentation** of “Caregiving for a parent with dementia during the pandemic, challenges and stories from Northern Italy” 27th August 2021, at the Symposium “Qualitative perspectives on experiences of the COVID-19 pandemic in different cultural contexts” during the EHPS 2021 Conference (online)

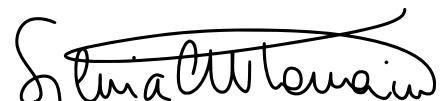
PRIZE

Trevor Butt Student Award, second prize for the best oral presentation “Construing our dimension: professionals’ narratives and experiences of presence in online psychotherapy” at the 24th International Congress of Personal Construct Psychology, Padova, 13-16 July, 2022.

LINGUISTIC COMPETENCIES

English level C1 (Certified with IELTS, 2017)

Spanish level B2



Le dichiarazioni rese nel presente curriculum sono da ritenersi rilasciate ai sensi degli artt. 46 e 47 del D.P.R. 445/2000

Autorizzo il trattamento dei miei dati personali ai sensi del Decreto Legislativo 30 giugno 2003, n. 196 “Codice in materia di protezione dei dati personali” e del GDPR (Regolamento UE 2016/679)