

Catellani Sara

Role: Didactic Director of the Degree Course in Psychiatric Rehabilitation Technique

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Short Curriculum vitae

In 2010 she graduated in the *Psychiatric Rehabilitation Technique* at the University of Modena and Reggio Emilia, discussing the thesis entitled "Analysis of the drop-out phenomenon in inpatient treatment for eating disorders" with vote 110/110 cum laude

In 2013 she obtained a Master's Degree in *Health Professions of Rehabilitation Science* at the University of Florence, discussing the thesis entitled "Retrospective descriptive study on the phenomenon of pathological gambling within a student population: analysis of the possible predictors and hypothesis of intervention" with vote 110/110 cum laude.

In 2017 she obtained the University Master's Degree "*Integrated Treatment of Eating Behavior and Body Image Disorders*" at the University of Bologna.

In 2022 she obtained the University Master's Degree "*Management and Coordination Functions of Health Professions*" at the Unitelma Sapienza University of Rome.

She is registered at n.7 in the Register of the Health Profession of Psychiatric Rehabilitation Technician, at the TSRM PSTRP Order of Modena and Reggio Emilia since 12/19/2018, with resolution n.33 of 12/19/2018.

From 12 March 2012 to today she is employed at the Local Health Authority of Reggio Emilia.

- From 12 March 2012 to 14 November 2022: Teaching Tutor at the Degree Course in Psychiatric Rehabilitation Technique UNIMORE (18 hours)
- From 5 May 2014 to 31 July 2019 Clinical activity at the Eating Disorders Centre - Reggio Emilia branch (18 hours)
- From 14 november 2022 to 7 July 2024 acting Director of Teaching Activities of the Degree Course in Psychiatric Rehabilitation Technique
- From 07/15/2024 to today she is the Didactic Director of the Degree Course in Psychiatric Rehabilitation Technique.

From the Academic Year 2013/2014 to today she is a professor of professional laboratories at the Degree Course in Psychiatric Rehabilitation Techniques, University of Modena and Reggio Emilia. She is the holder of the "Professional training activity" course for the three-year period.

She carried out teaching activities at the Local Health Authority of Modena at the "*Accoglienza, triage e presa in carico* " course on 3-10 May 2016.

She carried out teaching activities at training course (AUSL IRCCS RE): "*Il metodo Maudsley nel percorso di cura dei dca* " from 23/04/2021 to 07/05/2021

She carried out teaching activities at the training course (AUSL IRCCS RE): "*Basic Tutor Course*", Rehabilitation Health Professions on the days: 15-25 May 2026, 5-14 May 2025, 19 April-13 May 2024, 11-17 May 2023, 10-16 May 2022, 04 February 2021 - 21 April 2021, 10-16 May 2019, 5 April 2018, 15-22 March 2016, 18 March 2014, 5 March 2013 and 8 November 2011.

She carried out teaching activities at the training course (AUSL IRCCS RE): "*Retraining Tutor Course*", Rehabilitation Health Professions on the days: 17 April 2026, 12 November 2025, 7 May 2025.

She took part in the planning of the European Project Lifelong Learning Program Erasmus-Intensive Program 2013 "*StEmp: A new generation of students for health empowerment in a multicultural community*", hosted at the Reggio Emilia from 27 April to 10 May 2014 and which involved the University of Modena and Reggio Emilia, the Artesis Hogeschool Antwerpen (Belgium) and the University of Applied Sciences and Arts of Southern Switzerland (Switzerland).

From 1 December 2011 to 30 April 2012 she carried out her working activity with a freelance role as a Psychiatric Rehabilitation Technician at C.L.P. Logopedia and Psychomotricity Center, Parma.

From 20 June 2011 to 8 October 2011 she carried out her working activity with a freelance role as a Psychiatric Rehabilitation Technician at the Accredited Private Hospital - Villa Maria Luigia, Monticelli Terme (PR).

From 1 February 2011 to 31 August 2011 she carried out her working activity in a freelance role as a Psychiatric Rehabilitation Technician at the Local Health Authority of Modena - tutor of the Degree Course in Psychiatric Rehabilitation Technique, University of Modena and Reggio Emilia.

She took part in the video made by the Local Health Authority of Reggio Emilia on the occasion of the celebration of the 40 years of the National Health Service and presented at the event "Healthcare future present. Reggio Emilia: our first 40 years of NHS", 6 December 2018. <https://www.youtube.com/watch?v=s45e8dUiLI>

She took part in the videos made by the Local Health Authority of Reggio Emilia: Playlist "Disturbi del comportamento alimentare - DCA " https://www.youtube.com/watch?v=kB03yoiBcIA&list=PLcBqZCkGEy3iphipnP_L5c4jDbDh2OohCy which collects 4 videos, made by the operators of the Department of Mental Health of Local Health Authority, which show the families of people affected by ED the best ways

to approach patients in situations of daily life and encourage the process of change.

She is a member of the Italian Society of Psychosocial Rehabilitation SIRP – Emilia Romagna Section and in the three-year period 2023-2026 she is its Auditor.

She is a member of the Italian Association of Psychiatric Rehabilitation Technicians - Emilia Romagna section and she was a member of the Board of Directors in the three-year period 2013-2016.

Scientific publications

- De Marco E., Polizzotto G., Catellani S., Bassi L., Traina S., Marchi M., Galeazzi G.M., Pingani L. (2026) Scrolling to heal or hurt? TikTok's impact on eating disorders" al Journal of Psychopathology JOURNAL OF PSYCHOPATHOLOGY 2026; 32:121-134 DOI: 10.36148/2284-0249-1582
- De Marco E., Virga M., Torresi M., **Catellani S.**, Pingani L., Ferrazzi G (2024) "Should I trust or should I not?" A survey to measure Ai Confidence Levels among students of the Bachelor's Degree Course in Psychiatric Rehabilitation Techniques and Psychiatry Residents. Rivista Sperimentale di Freniatria Vol CXLVIII - N°3 DOI: 10.3280/RSF2024-003004
- Quilici C., **Catellani S.**, Pingani L., Ferrari S., Galeazzi G.M., Ferrazzi G. (2024) Opinions matter: Career outcomes and educational preferences of psychiatric rehabilitation graduates. Acta Biomed; Vol. 95, N. 6: e2024169 DOI: 10.23750/abm.v95i6.16079
- Ferrazzi G., **Catellani S.**, Ferrari S., Marchi M., Pingani L. (2023) Historia magistra vitae: how the psychiatric rehabilitation technician trained in psychiatric's history? Rivista Sperimentale di Freniatria Vol CXLVII - N°3 DOI: 10.3280/RSF2023-003004
- Riccardo A.M., Ferrazzi G., **Catellani S.**, Gibin A.M., Nasi A.M., Marchi M., Galeazzi G.M., Thompson K.J., Pingani L. (2023) Validation of an adapted Italian language version of the Sociocultural Attitudes Towards Appearance Questionnaire third version (SATAQ-3) within a female population: the Sociocultural Attitudes Towards Appearance Questionnaire-Social Media (SATAQ-SM) Frontiers In Psychology. 14:1193062. DOI: 10.3389/fpsyg.2023.1193062
- Reverberi C., Saffioti A., Amaducci G., **Catellani S.**, Contesini M., Losi E., Magnanini F., Notarnicola A., Volta B., Guberti M. (2023) Poster "Profili di competenza del Direttore dell'Attività Didattica e del Tutor dei Corsi di Laurea di Area Sanitaria: esperienza dell'AUSL IRCCS di Reggio Emilia". presso 3° Congresso Nazionale FNOTSRM PSTRP Rimini 29-30 settembre 2023 (Atti di Convegno)
- Quilici C., **Catellani S.**, Pingani L., Galantini P., Torresi M. (2023) Poster "Stato occupazionale e percezione del percorso formativo tra i laureati del CdS in "Tecnica della Riabilitazione Psichiatrica" di UNIMORE: studio cross-sectional e ipotesi di miglioramento" presso 3° Congresso Nazionale FNOTSRM PSTRP Rimini 29-30 settembre 2023 (Atti di Convegno)
- Dall'Aglio R., Virga M., **Catellani S.**, Coriani S., Nasi A.M., Galeazzi G.M., Pingani L. (2021). A theoretical guide for the integration of the clinical internships for interns and

clinical tutors in the mental health professions. *Acta Biomedica Parmensis*. 22;92(S2)
DOI: 10.23750/abm.v92iS2.12312

- Castellini A., **Catellani S.**, Gibin A.M., Pingani L. (2018). "Studio pilota sull'intervento psico-educativo di gruppo secondo il modello maudsley rivolto ai caregiver di pazienti affetti da disturbi del comportamento alimentare: valutazione degli effetti sul carico familiare" presso 12° Congresso Nazionale SIPS - Le nuove frontiere della psichiatria sociale: clinica, public health e neuroscienze 25-27 gennaio 2018 Napoli. (Atti di Convegno).
- Errico E., **Catellani S.**, Gibin A.M., Pingani L. (2018). "Studio pilota sull'intervento psico-educativo di gruppo secondo il modello maudsley rivolto ai caregiver di pazienti affetti da disturbi del comportamento alimentare: valutazione degli effetti sulle relazioni familiari" presso 12° Congresso Nazionale SIPS - Le nuove frontiere della psichiatria sociale: clinica, public health e neuroscienze 25-27 gennaio 2018 Napoli. (Atti di Convegno).
- Pingani L., Evans-Lacko S., Del Vecchio, V., Ellefson S., Fiorillo A., **Catellani S.**, Sampigna G., Rigatelli M., Corrigan P. (2016) *Stigma in the context of schools: analysis of the phenomenon of stigma in a population of university students*. BMC Psychiatry. 9;16:29 DOI: 10.1186/s12888-016-0734-8
- Pingani L., **Catellani S.**, Crescenti P., Vagnozzi S., Parigi D., Cavalli E. (2016) *Il Tecnico della Riabilitazione Psichiatrica e le sfide della Psicogeriatría*. Psicogeriatría. 11(1):97-98. <http://hdl.handle.net/11380/1195343>
- Pingani L., Evans-Lacko S., Del Vecchio V., Luciano M., **Catellani S.**, Hamati A., Rigatelli M., Fiorillo A. (2015). *University students' identification of stigmatizing schizophrenia in Italian newspapers*. American Journal of Orthopsychiatry. 85(2):139-44 DOI: 10.1037/ort0000053
- Pingani L., Fiorillo A., Luciano M., **Catellani S.**, Vinci V., Ferrari S., Rigatelli M.. (2013) *Who cares for it? How to provide psychosocial intervention in the community*. International Journal of Social Psychiatry. 59(7): 701-5 DOI: 10.1177/0020764012453812
- Pingani L., Arnone F., **Catellani S.**, Chierici M.L., De Bernardis E., Donelli S., Del Giovane C., Vinci V., Turrini G., Rigatelli M., Ferrari S. (2012). *Improving linguistic skills and assertiveness in eating disorders: a randomized controlled trial on a literary workshop activity*. Journal of Psychopathology . 19:60-67. DOI: 60-67 CN-00911968
- Pingani L., **Catellani S.**, Arnone F., De Bernardis E., Vinci V., Ziosi G., Turrini G., Rigatelli M. Ferrari S. (2012). *Predictors of dropout from in-patient treatment of eating disorders: an Italian experience*. Eating and Weight Disorders. 17(4): e 290-7. DOI: 10.1007/BF03325140
- Pingani L., **Catellani S.**, Vinci V., Ferrari S., Rigatelli M. (2012) *Lo stato occupazionale dei laureati in Tecnica della Riabilitazione Psichiatrica dell'Università degli Studi di Modena e Reggio Emilia* presso Conferenza Permanente delle Classi di Laurea delle Professioni Sanitarie; 18-19 maggio 2012, Università degli Studi di Milano. (Atti di Convegno)
- Ferrari S., **Catellani S.**, Pingani L., Rigatelli M., Simoni E. (2012) *Opinions of general hospital ward staff on a consultation-liaison psychiatry service*. 15th Annual Meeting of

the European Association for Consultation-Liaison Psychiatry and Psychosomatics (EACLPP) & 29th European Conference on Psychosomatic Research (ECPR): “Towards a New Agenda: Cross-disciplinary Approach to Psychosomatic Medicine” A selection of the best abstracts submitted. - Aarhus, Denmark - June 27th – June 30th, 2012 (Atti di Convegno)

- Pingani L., Ferrari S., Vinci V., **Catellani S.**, Ziosi G., Rigatelli M. (2012) *Scoop o stigma? La psicopatologia sui quotidiani dal 1950 a oggi*. 16° Congresso della Società Italiana di Psicopatologia SOPSI – Roma 14-18 febbraio 2012. (Atti di Convegno)
- Pingani L., **Catellani S.**, Vinci V., Ferrari S., Rigatelli M. (2011) *Lo stato occupazionale dei laureati in Tecnica della Riabilitazione Psichiatrica dell'Università degli Studi di Modena e Reggio Emilia* presso workshop al Decimo Congresso Nazionale della Società Italiana di Riabilitazione Psichiatrica e Psicosociale. “Nuovi Bisogni e risposte innovative. La riabilitazione che cambia”; 14, 15, 16 settembre 2011, Verona, Università degli Studi di Verona, Polo Zanotto (Atti di Convegno).
- **Catellani S.**, Arnone F., De Bernardis E., Ferrari S., Pingani L., Ziosi G., Turrini G., Rigatelli M. (2011) – *Predictors of dropout from inpatient treatment for eating disorders*. Abstracts of the 19th European Congress of Psychiatry – European Psychiatry - n. volume 26 - pp. da 716 a 716 ISSN: 0924-9338 (Atto di Convegno in Rivista). **The poster was awarded top two in the Eating Disorders category and was chosen for oral presentation**

Graduation Thesis Supervisor

- Supervisor of the degree thesis of a student of the Degree Course in Psychiatric Rehabilitation Technique AY 2023/2024 Title: *“From virality to vulnerability: an inferential analysis of the influence of TikTok content on eating and nutrition disorders”*
- Co-supervisor of the degree thesis of a student of the Degree Course in Psychiatric Rehabilitation Techniques AY 2023/2024 Title *“Social media and body image: a survey on self-esteem, beauty ideals and validation of the SATAQ-SM test for the general population”*
- Supervisor of the degree thesis of a student of the Degree Course in Psychiatric Rehabilitation Technique AY 2021/2022 Title: *“Nutrition and Eating Disorders in the time of Covid-19: how the pandemic has affected the expression of the pathology”*.
- Co-supervisor of the degree thesis of a student of the Degree Course in Psychiatric Rehabilitation Techniques AY 2020/2021 Title: *“Eating disorders and personality disorders: clinical implications and therapeutic indications. Case study analysis”*
- Co-supervisor of the degree thesis of a student of the Degree Course in Psychiatric Rehabilitation Techniques AY 2020/2021 Title *“Treatment according to the New Maudsley Model at the Eating Disorders Center of Reggio Emilia: preliminary results of the multicenter research”*
- Supervisor of the degree thesis of a student of the Degree Course in Psychiatric Rehabilitation Technique AY 2020/2021 Title: *“Social Networks and Eating Disorders: analysis of mode to use and possible effects on self-esteem and body image”*
- Supervisor of the degree thesis of a student of the Degree Course in Psychiatric Rehabilitation Technique AY 2018/2019. Title: *“Descriptive analysis of the effects on family dynamics following the psycho-educational treatment according to the Maudsley*

Model”.

- Supervisor of the degree thesis of a student of the Degree Course in Psychiatric Rehabilitation Technique AY 2018/2019. Title: *“Distress assessment of caregivers of patients with eating disorders: descriptive study on psychoeducational intervention according to the New Maudsley Model”.*
- Supervisor of the degree thesis of a student of the Degree Course in Psychiatric Rehabilitation Technique AY 2017/2018. Title: *“DROP-OUT phenomenon and eating disorders: analysis of the phenomenon in a hospital population under treatment”.*
- Supervisor of the degree thesis of a student of the Degree Course in Psychiatric Rehabilitation Technique AY 2016/2017. Title: *“Pilot study on group psycho-educational intervention according to the Maudsley Model aimed at caregivers of patients with eating disorders: evaluation of the effects on the family burden”.*
- Supervisor of the degree thesis of a student of the Degree Course in Psychiatric Rehabilitation Technique AY 2016/2017. Title: *“Pilot study on group psycho-educational intervention according to the Maudsley Model aimed at caregivers of patients with eating disorders: evaluation of the effects on family relationships”*
- Co-supervisor of the degree thesis of a student of the Degree Course in Psychiatric Rehabilitation Techniques AY 2016/2017. Title: *“Methods of referral, diagnosis and drop-out of new admissions to the Eating Disorders Center in Reggio Emilia in the three-year period 2014-2016: descriptive study of multiprofessional outpatient treatment”*
- Supervisor of the degree thesis of a student of the Degree Course in Psychiatric Rehabilitation Technique AY 2015/2016. Title: *“Psychoeducational intervention aimed at caregivers of patients with eating disorders: which observable repercussions?”*
- Supervisor of the degree thesis of a student of the Degree Course in Psychiatric Rehabilitation Technique AY 2012/2013. Title: *Retrospective descriptive study on the possible associations between anamnestic variables and specific learning disabilities.*
- Supervisor of the degree thesis of a student of the Degree Course in Psychiatric Rehabilitation Technique AY 2012/2013. Title: *“Descriptive pilot study on the experience of the psychoeducational group for family members of patients hospitalized at the Carpi Psychiatric Diagnosis and Treatment Service”.*
- Supervisor of the degree thesis of a student of the Degree Course in Psychiatric Rehabilitation Technique AY 2012/2013. Title: *“Pathological gambling: a critical review of prevention strategies among young people”.*
- Supervisor of the degree thesis of a student of the Degree Course in Psychiatric Rehabilitation Technique AY 2012/2013. Title: *“Systematic review of psychometric tools used to assess public stigma, self stigma and courtesy stigma”.*
- Co-supervisor of the degree thesis of a student of the Degree Course in Psychiatric Rehabilitation Techniques AY 2012/2013. Title: *“Personality traits and stress associated with tobacco use in a population of students of the Faculty of Medicine”.*

Autorizzo il trattamento dei miei dati personali presenti nel cv ai sensi del Decreto Legislativo 30 giugno 2003, n. 196 “Codice in materia di protezione dei dati personali” e dell’art. 13 del GDPR (Regolamento UE 2016/679).

07/07/2026