

GIORGIA VARALLO

PhD, Psychologist and Cognitive-Behavioural Psychotherapist

PERSONAL AND CONTACT INFORMATION

Date of birth: 13 July 1990 | **Nationality:** Italian

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Address: Italy (professional address)

ResearchGate: <https://www.researchgate.net/profile/Giorgia-Varallo>

Scopus Author ID: 57194510483 — <https://www.scopus.com/authid/detail.uri?authorId=57194510483>

Google Scholar: <https://scholar.google.com/citations?user=lq46t0kAAAAJ&hl=it>

Publons / Web of Science: <https://publons.com/researcher/3315492/giorgia-varallo/>

Professional registration: Register A of Psychologists of the Piedmont Region, no. 8086 (since 19 September 2016)

PROFESSIONAL PROFILE

Clinical psychologist and cognitive-behavioural psychotherapist with a PhD in Clinical Psychology, currently serving as Fixed-Term Assistant Professor (Ricercatore a Tempo Determinato, RTD-A) at the University of Modena and Reggio Emilia, where she has held a research and teaching position since July 2023. She holds the Italian National Scientific Qualification (ASN) as Associate Professor in competition sector 11/E4 (2023).

Her research addresses the psychological dimensions of chronic health conditions, with a specific focus on sleep disorders (in particular narcolepsy and insomnia), chronic pain (fibromyalgia, chronic low-back pain and chronic post-surgical pain), obesity, and feeding and eating disorders. A recurring thread across her work is the application of cognitive-behavioural therapy and Acceptance and Commitment Therapy to the management of chronic conditions, together with the design and implementation of research protocols investigating psychological factors in chronic illness.

Her academic record comprises 67 indexed documents, 1,156 citations and an h-index of 19 (Scopus), alongside editorial responsibilities as Associate Editor for *Frontiers in Health Psychology*, Guest Editor for *Healthcare*, and reviewer for a broad range of international journals. She combines this activity with extensive undergraduate and postgraduate teaching, thesis and traineeship supervision, institutional roles within her department, and established national and international research collaborations.

EDUCATION AND ACADEMIC QUALIFICATIONS

Psychotherapist — Four-year postgraduate specialisation in Cognitive-Behavioural Psychotherapy

Studi Cognitivi, Milan, Italy — qualification obtained 13 December 2024

National Scientific Qualification (Abilitazione Scientifica Nazionale) as Associate Professor

Competition sector 11/E4 — 2023

School of Specialisation in Cognitive-Behavioural Psychotherapy

Studi Cognitivi S.p.A., Foro Buonaparte 57, 20121 Milan, Italy — January 2021 — present

PhD in Clinical Psychology

Università Cattolica del Sacro Cuore, Department of Psychology, Milan, Italy — September 2018 — 31 December 2021

- Doctoral programme in Psychology, XXIV cycle, with full doctoral scholarship.
- Supervisor: Prof. Enrico Molinari.
- Thesis title: "Cognitive and emotional factors in chronic low-back pain, fibromyalgia, and comorbid obesity".
- Research interests: chronic pain; chronic low-back pain; fibromyalgia; fear-avoidance; pain management; obesity; Acceptance and Commitment Therapy; cognitive-behavioural therapy.

Second-level Master's degree in Clinical Health Psychology

Università Cattolica del Sacro Cuore, Milan, Italy — September 2016 — 25 October 2018

- Psychological knowledge and skills relating to care, rehabilitation, the promotion of well-being and the improvement of quality of life for people accessing social and health services, outpatient clinics and hospital settings.

- Development of teamwork skills from an interdisciplinary and relational perspective.
- Development of diagnostic and clinical-psychological intervention skills.
- Organisational aspects of team-based care and the application of new technologies (virtual reality, mobile health, telehealth and telemonitoring) in clinical contexts.

Master's degree (Laurea Magistrale) in Clinical Psychology — awarded cum laude

Università Cattolica del Sacro Cuore, Milan, Italy — September 2011 – 11 December 2014

Bachelor's degree (Laurea Triennale) in Psychological Sciences and Techniques

Università Cattolica del Sacro Cuore, Milan, Italy — September 2009 – July 2011

Secondary school diploma in Classical Studies (Maturità Classica)

Liceo Bonaventura Cavalieri, Verbania, Italy — July 2009

CERTIFICATIONS AND ADDITIONAL PROFESSIONAL TRAINING

Clinical training courses — Studi Cognitivi, Milan

- Advanced course in Enhanced Cognitive Behaviour Therapy for eating disorders (CBT-E) — 2023.
- Mindfulness practice: opportunities and resources in psychotherapy — School of Training in Cognitive and Cognitive-Behavioural Psychotherapy, 15 September – 29 October 2023.
- Cognitive-behavioural therapy for trauma- and stressor-related disorders — 10–11 September 2022.
- Cognitive-behavioural therapy for eating disorders — 18–19 June 2022.
- Foundations of standard cognitive-behavioural therapy — June 2021.
- Psychodiagnostic assessment techniques — March 2021.
- Theory and technique of attachment assessment — March 2021.

Methodological and statistical training

- Multilevel modelling: applications to cross-sectional and longitudinal designs — 6–10 June 2022.
- Italian Association of Psychology (AIP) Research Methodology School: the General, Mixed and Generalized Linear Model — Forlì-Cesena, 2019.

PROFESSIONAL AND ACADEMIC EXPERIENCE

Fixed-Term Assistant Professor (Ricercatore Universitario a Tempo Determinato, RTD-A)

University of Modena and Reggio Emilia, Modena, Italy — 16 July 2023 – present

- Conducts research on sleep disorders (e.g. narcolepsy).
- Conducts research on chronic pain.
- Conducts research on feeding and eating disorders.
- Delivers undergraduate and postgraduate teaching.
- Serves as Departmental Delegate for Student Tutoring.

Post-doctoral Research Fellow

University of Parma, Parma, Italy — 16 February 2022 – 16 July 2023

Research interests:

- Chronic pain (e.g. fibromyalgia, chronic low-back pain, chronic post-surgical pain).
- Sleep disorders (e.g. narcolepsy, insomnia).
- Obesity.
- Cognitive-behavioural therapy in the management of chronic conditions.

Adjunct Subject Expert (Cultore della Materia) in Cognitive, Affective and Social Neuroscience

Università eCampus, Italy — January 2021 – present

Lecturer in Pain Management — Clinical Psychology of Chronic Pain

Accademia Italiana di Medicina Osteopatica (AIMO), Italy — January 2021 – present

Clinical practice in clinical psychology and cognitive-behavioural psychotherapy

IRCCS Istituto Auxologico Italiano, Italy — 1 January 2021 – present

Clinical practice in clinical psychology and cognitive-behavioural psychotherapy carried out within the traineeship of the postgraduate school of specialisation at IRCCS Istituto Auxologico Italiano. Tutor: Dr Valentina Villa.

Adjunct Subject Expert (Cultore della Materia) in Analysis and Treatment of Psychological Distress and Psychopathology

Università eCampus, Italy — January 2020 – 2022

Doctoral Researcher (PhD with scholarship)

Università Cattolica del Sacro Cuore, Milan, Italy — November 2018 – 31 December 2021

Research interests: chronic pain; chronic low-back pain; fibromyalgia; fear-avoidance; pain management; obesity; Acceptance and Commitment Therapy; cognitive-behavioural therapy; design and implementation of research protocols with particular attention to psychological factors in chronic health conditions.

Skills developed: data management; project management; statistical analysis.

Adjunct Subject Expert (Cultore della Materia) in Clinical Psychology

Università Cattolica del Sacro Cuore, Milan, Italy — November 2018 – present

Adjunct Subject Expert (Cultore della Materia) in Rehabilitation Psychology

Università Cattolica del Sacro Cuore, Milan, Italy — November 2018 – present

Hospital Clinical Psychologist

IRCCS Istituto Auxologico Italiano, Verbania, Italy — 17 July 2017 – 31 December 2018

- Psychological diagnosis.
- Psychological assessment.
- Psychological support in chronic health conditions: chronic pain, fibromyalgia, obesity, and feeding and eating disorders.
- Delivery of support interventions in group settings.

Clinical Psychologist — private practice

Italy — 2017 – 16 July 2023

Behaviour Technician

April 2016 – present

- Implementation of behavioural interventions in the treatment of autism spectrum disorders.

TEACHING EXPERIENCE

University of Modena and Reggio Emilia

Psychopathology of Feeding and Eating Disorders: Theories, Treatments and Research Perspectives (course code STPSI_40)

BSc in Psychological Sciences and Techniques (class L-24, 83-211) — 42 hours, 6 ECTS — elective course — SSD PSIC-04/B — AY 2025/2026 (student evaluations not yet available)

Theories and Techniques of Clinical Psychology (course code STPSI_8)

BSc in Psychological Sciences and Techniques (class L-24, 83-211) — 56 hours, 8 ECTS — compulsory course — SSD PSIC-04/B — AY 2025/2026 (student evaluations not yet available)

Psychopathology of Feeding and Eating Disorders: Theories, Treatments and Research Perspectives

BSc in Psychological Sciences and Techniques — 42 hours, 6 ECTS — elective course — SSD PSIC-04/B — AY 2024/2025

Clinical Psychology

BSc in Midwifery, Department of Medical and Surgical Sciences for Children and Adults — 10 hours, 1 ECTS — compulsory course — SSD PSIC-04/B — AY 2024/2025

Clinical Psychology

BSc in Occupational Therapy — 10 hours, 1 ECTS — compulsory course — SSD PSIC-04/B — AY 2024/2025

Clinical Psychology

BSc in Speech and Language Therapy — 10 hours, 1 ECTS — compulsory course — SSD PSIC-04/B — AY 2024/2025

Psychopathology of Feeding and Eating Disorders: Theories, Treatments and Research Perspectives (seminar)

3 ECTS — SSD PSIC-04/B — AY 2023/2024

Università Cattolica del Sacro Cuore, Milan

Laboratory teaching in Clinical Health Psychology

MSc in Clinical Psychology — 10 hours, 1 ECTS — AY 2022/2023

Lecturer, School of Specialisation in Clinical Psychology — Psychotherapy for chronic pain

1 ECTS — from 5 November 2022 – present (AY 2021/2022)

Lecturer, School of Specialisation in Clinical Psychology — Psychotherapy for insomnia (CBT-I)

1 ECTS — from 5 November 2022 – present (AY 2021/2022)

Adjunct Subject Expert (Cultore della Materia) in Clinical Psychology

2019 – 2023

Adjunct Subject Expert (Cultore della Materia) in Rehabilitation Psychology

2019 – 2023

Co-supervisor of Bachelor's and Master's dissertation projects

2020 – 2023

Other institutions

Lecturer, Master's programme (second level) in Clinical and Experimental Neuropsychology

University of Verona, directed by Prof. Stefano Tamburin — 8 hours, 1 ECTS — 4 November 2022. Topic: psychological comorbidity of chronic pain and psychotherapeutic approaches (e.g. cognitive-behavioural therapy, mindfulness)

Lecturer

AIMO — Accademia Italiana di Medicina Osteopatica — 2021 – 2023

Adjunct Subject Expert (Cultore della Materia) in Analysis and Treatment of Psychological Distress and Psychopathology

Università eCampus — 2020 – present

TRAINEESHIP AND DISSERTATION SUPERVISION — UNIVERSITY OF MODENA AND REGGIO EMILIA

Traineeship supervision

- Psychologist tutor for 4 internal traineeships within the BSc in Psychological Sciences and Techniques.
- Academic tutor for 12 external traineeships at affiliated host organisations within the BSc in Psychological Sciences and Techniques.

Dissertation supervision

- Supervisor of more than 30 Bachelor's dissertations within the BSc in Psychological Sciences and Techniques since AY 2024/2025.

INSTITUTIONAL ROLES — UNIVERSITY OF MODENA AND REGGIO EMILIA

- Appointed Delegate for Student Tutoring of the degree programme in Psychological Sciences and Techniques, AY 2024/2025 and AY 2025/2026.
- Member of the Quality Assurance Committee (Commissione Assicurazione della Qualità) of the degree programme in Psychological Sciences and Techniques, AY 2025/2026.

Third mission and public engagement

- Designed and delivered the science communication activities of the Clinical Psychology area for the 2025 European Researchers' Night, addressed to the general public.
- Organised the UniMoRe Open Days (2024, 2025 and 2026) for the Clinical Psychology section of the BSc in Psychological Sciences and Techniques, presenting the curriculum, career prospects, and the teaching and research activities of the programme to secondary school students and prospective applicants.
- Organised the event celebrating the tenth anniversary of the degree programme in Psychological Sciences and Techniques, a high-impact cultural and outreach initiative open to the public and to the student community, with Prof. Daniela Lucangeli (University of Padua) as guest speaker.

EDITORIAL AND PEER-REVIEW ACTIVITY

Associate Editor, Frontiers in Health Psychology

2023 – present

Guest Editor, Healthcare (MDPI)

December 2022 – present

- Special Issue: "Clinical Advances in Chronic Pain Management".
- Special Issue: "Military Personnel and Veteran Mental Health" — https://www.mdpi.com/journal/healthcare/special_issues/7DP1XZ3JK4

Research Topic Editor, Frontiers in Psychology for Clinical Settings

From 1 October 2022 – present

- Research Topic: "The relationship between Sleep and Pain in Chronic Pain Conditions" — <https://www.frontiersin.org/research-topics/38712/the-relationship-between-sleep-and-pain-in-chronic-pain-conditions>

Research Topic Coordinator, Frontiers in Health Psychology

2022 – present

- Research Topic: "Highlights in Psychology for Clinical Settings: Military Personnel and Veteran Mental Health" — <https://www.frontiersin.org/research-topics/45845/>

Reviewer for international peer-reviewed journals

2017 – present

Journal of Pain Research; Nature and Science of Sleep; Sleep Medicine; Sleep Medicine Reviews; Frontiers in Psychology for Clinical Settings; Frontiers in Health Psychology; Frontiers in Eating Behavior; Frontiers in Public Health; Frontiers in Developmental Psychology; Frontiers in Physiology; Frontiers in Nutrition, Psychology and Brain Health; Eating and Weight Disorders; Nutrients; Healthcare; Children; Journal of Clinical Medicine; Brain Sciences; International Journal of Environmental Research and Public Health.

HONOURS AND AWARDS

Best Poster Award — ACT Italia, 11th National Conference

23 November 2024

Awarded contribution: "Promoting lifestyle change in individuals with obesity and chronic pain: an ACT study using ecological momentary assessment (EMA) methodology".

Winner of the SITCC Young Researchers Award — Italian Society of Behavioural and Cognitive Therapy

24 September 2023

Awarded contribution: "'This is the last episode': the association between problematic binge-watching and loneliness, emotion regulation, and sleep-related factors in poor sleepers".

Winner of the 2021 Award for Research on Narcolepsy and Other Hypersomnias — VIII Multidisciplinary Seminar on Narcolepsy, Bologna

Italian Association of Sleep Medicine (AIMS) and Bioproject — 2021

Awarded contribution: "Newspaper portrayals of narcolepsy from 1980 to 2020: A descriptive analysis of stigmatizing content".

Editor's Choice Research Article — Journal of Personalized Medicine

2021

"The Role of Pain Catastrophizing and Pain Acceptance in Performance-Based and Self-Reported Physical Functioning in Individuals with Fibromyalgia and Obesity" — <https://www.mdpi.com/2075-4426/11/8/810>

Editor's Choice Research Article — Brain Sciences

2021

"The Association of Kinesiophobia and Pain Catastrophizing with Pain-Related Disability and Pain Intensity in Obesity and Chronic Lower-Back Pain" — <https://www.mdpi.com/2076-3425/11/1/11>

Editor's Choice Research Article — Brain Sciences

2021

"Does Kinesiophobia Mediate the Relationship between Pain Intensity and Disability in Individuals with Chronic Low-Back Pain and Obesity?"

Research Travel Award for Young Researchers — University of Fribourg

4th International Multidisciplinary Symposium "Gambling addiction: science, independence, transparency" — 2018

Awarded research: "Decision making, gambling and analgesic drug addiction: preliminary data from an Italian survey".

RESEARCH PROJECTS AND COLLABORATIONS

International collaborations

- Collaboration with the research group coordinated by Prof. Scott Montgomery, Örebro University and Örebro University Hospital (Sweden), on the ongoing project "Sleep disorders and psychopathological conditions".
- Collaboration with the research group coordinated by Prof. Markus Jansson-Fröjmark, Karolinska Institutet (Sweden), on the ongoing project "Sleep disorders and psychopathological conditions".
- International scientific collaboration with Dr Andrew Tubbs, Department of Psychiatry, Washington University (USA), resulting in: Baldini, V., Varallo, G., Pisanò, G., Gnazzo, M., De Ronchi, D., Tubbs, A., Brand, S., Plazzi, G., & Fiorillo, A. (2026). Latent Profiles of Suicide Risk in University Students. *The Psychiatric Quarterly*.
- International scientific collaboration with Prof. Serge Brand, affiliated with the Psychiatric Clinics of the University of Basel, the Centre for Affective, Stress and Sleep Disorders and the Department of Sport and Health Science, University of Basel, and involving psychiatric and sleep research centres in Iran (Kermanshah University of Medical Sciences; Tehran University of Medical Sciences) and the Center for Disaster Psychiatry and Disaster Psychology of the Swiss Armed Forces Competence Center of Disaster Medicine. Resulting publication: Baldini et al. (2026), *The Psychiatric Quarterly*.
- Collaboration with Prof. Carlos Suso-Ribera and the research group of the Department of Clinical Psychology and Psychobiology, Universitat Jaume I, Castellón de la Plana (Spain), evidenced by Varallo et al. (2021), *Journal of Personalized Medicine*, and Varallo et al. (2022), *Journal of Pain Research*.

National collaborations

- Collaboration with the research group of the University of Bologna coordinated by Prof. Silvana Grandi, resulting in Varallo et al. (2024), *Pain Medicine*, and Varallo et al. (2023), *Clinical and Experimental Rheumatology*.
- Collaboration with the research group of Prof. Giuseppe Plazzi at the IRCCS Istituto delle Scienze Neurologiche di Bologna and the University of Modena and Reggio Emilia, resulting in multiple publications, including Varallo et al. (2022), *Healthcare*, and Varallo et al. (2022), *Journal of Clinical Sleep Medicine*.
- Collaboration with the research group directed by Prof. Giuseppe Riva, Università Cattolica del Sacro Cuore and IRCCS Istituto Auxologico Italiano, resulting in Sansoni, Varallo, Malighetti et al. (2024), *Virtual Reality*.
- Collaboration with the research group directed by Prof. Lino Nobili, University of Genoa, resulting in Del Sette et al. (2023), *Sleep Medicine*.
- Collaboration with Prof. Lorys Castelli and the research group of the Department of Psychology, University of Turin, resulting in Varallo et al. (2021), *Frontiers in Psychology*, and Scarpina et al. (2022), *Scientific Reports*.
- Collaboration with Prof. Alessandro Mauro and the research group of the Department of Neuroscience, University of Turin, resulting in Scarpina et al. (2021), *Eating and Weight Disorders*, and Scarpina et al. (2022), *Scientific Reports*.
- Collaboration with the research group directed by Prof. Luigi De Gennaro, Sapienza University of Rome, resulting in Alfonsi, Varallo et al. (2023), *Journal of Sleep Research*.

Research projects

ACTonHEALTH — Coordinator of research activity

In collaboration with the University of Bologna, Università Cattolica del Sacro Cuore and IRCCS Istituto Auxologico Italiano

ACT-based clinical intervention integrated with remote monitoring technologies for obesity rehabilitation and the promotion of healthy lifestyles. Resulting publication: Cattivelli, R., Castelnovo, G., Musetti, A., Varallo, G., et al. (2018). ACTonHEALTH study protocol. *Trials*.

ACTyourCHANGE — Coordinator of research activity

In collaboration with the University of Bologna, Università Cattolica del Sacro Cuore and IRCCS Istituto Auxologico Italiano

Integration of ACT-based psychological interventions with technological tools to support lifestyle change in individuals with obesity. Resulting publications include: Guerrini Usubini, A., Varallo, G., Granese, V., et al. (2021). *Frontiers in Psychology*.

Psychological flexibility during the COVID-19 pandemic — Coordinator and researcher

Multicentre project involving Università Cattolica del Sacro Cuore, IRCCS Istituto Auxologico Italiano, University of Parma, University of Modena and Reggio Emilia, and University of Bologna

Assessment of personal functioning dynamics with reference to the construct of psychological flexibility and related conceptualisations. Resulting publication: Guerrini Usubini, A., Cattivelli, R., Varallo, G., et al. (2021). *Journal of Personalized Medicine*, 11(6).

ACTonFOOD-Gruppi — Research participant

In collaboration with the University of Bologna, Università Cattolica del Sacro Cuore and IRCCS Istituto Auxologico Italiano

ACT-based group psychotherapy for obesity rehabilitation. Resulting publication: Cattivelli, R., Usubini, A. G., ... Varallo, G., et al. (2021). *International Journal of Environmental Research and Public Health*.

ACTyourCHANGE in Teens — Research participant

In collaboration with the University of Bologna, Università Cattolica del Sacro Cuore and IRCCS Istituto Auxologico Italiano

ACT-based group interventions for adolescents in the context of inpatient obesity rehabilitation. Resulting publication: Guerrini Usubini, A., Cattivelli, R., Bertuzzi, V., Varallo, G., et al. (2021). *International Journal of Environmental Research and Public Health*.

Impact of the pandemic context on sleep dynamics and related personal functioning — Research participant

Multicentre project involving Università Cattolica del Sacro Cuore, IRCCS Istituto Auxologico Italiano, University of Parma, University of Modena and Reggio Emilia, and University of Bologna

Resulting publication: Margherita, G., Caffieri, A., Mariani, R., ... Varallo, G., Franceschini, C., & Musetti, A. (2023). *Psychology of Consciousness: Theory, Research, and Practice*, 10(4), 331–345.

CONFERENCES, SEMINARS AND SCIENTIFIC PRESENTATIONS

AI Days at Örebro University 2026 — AI, Robotics and Cybersecurity Center (ARC)

Örebro, Sweden — 10–12 February 2026

Poster submitted: "Sleep problems in children and adolescents as a precursor of mental illness: a systematic review and meta-analysis". Authors: Tor Arnison, Markus Jansson-Fröjmark, Giorgia Varallo, Scott Montgomery.

National Congress of the Italian Association of Psychology (AIP), Clinical and Dynamic Psychology Section

Perugia, Italy — 20 September 2025

Oral contribution selected for the symposium "Psychological well-being and distress among university students" (Chair: Prof. Maria Francesca Freda, University of Naples): "Chronotype, insomnia and psychological distress as predictors of academic burnout in university students: a cross-sectional study".

National Congress of the Italian Association of Psychology (AIP), Clinical and Dynamic Psychology Section

Perugia, Italy — 19 September 2025

Oral contribution selected for the symposium "Applying biopsychosocial approaches in clinical settings" (Chair: Prof. Piero Porcelli, University of Chieti-Pescara): "The role of rumination, worry and metacognitions in suicidal ideation in female individuals with fibromyalgia and obesity".

XV SIPSA National Congress — "Health Psychology: intersections, uniqueness, equity and sustainability"

Turin, Italy — 5–7 June 2025

- Role: Chair of the symposium "Invisible pain: chronic pain conditions in women — biopsychosocial perspectives". Discussant: Annunziata Romeo.
- Speaker within the symposium: "Suicidal ideation in fibromyalgia". Authors: Maristella Scorza, Giorgia Varallo.
- Speaker within Thematic Session 7, "Health and well-being among university students" (Chair: Giovanna Esposito): "The association between cognitive and metacognitive factors and emotional dysregulation in university students with specific learning disorders (SLD)". Authors: Giorgia Varallo, Michela Camia, Angela Ciaramidaro, Sandro Rubichi, Maristella Scorza.

27th Congress of the European Sleep Research Society (ESRS)

Seville, Spain — 22–27 September 2024

Poster: "Sleep problems in children and adolescents as a precursor of mental illness: a systematic review". Authors: Tor Arnison, Markus Jansson-Fröjmark, Giorgia Varallo, Scott Montgomery.

Forum on Psychotherapy Research (Forum della Ricerca in Psicoterapia)

5–6 April 2024

Contribution selected for oral presentation by the scientific committee: "The efficacy of a brief acceptance-based group intervention in a sample of female patients with fibromyalgia and comorbid obesity: a randomised controlled trial".

XXX Congress of the Italian Association of Psychology (AIP)

Padua, Italy — 27–30 September 2022

- Presentation: "Catastrophizing, Kinesiophobia, and Acceptance as Mediators of the Relationship Between Perceived Pain Severity, Self-Reported and Performance-Based Physical Function in Women with Fibromyalgia and Obesity".
- Presentation: "'This is the last episode': the association between problematic binge-watching and loneliness, emotion regulation, and sleep-related factors in poor sleepers".

CBT-Italia 1st Conference — "New horizons in assessment and health promotion"

4 October – 5 November 2022

World Sleep Congress

Rome, Italy — 12–16 March 2022

XXXI National Conference of the Italian Association of Sleep Medicine (AIMS)

Rome, Italy — 11–12 March 2022

VIII Multidisciplinary Seminar on Narcolepsy — Biomarkers in the Diagnosis and Therapy of Central Nervous System Hypersomnias

Bologna, Italy — 2021

Abstract: Varallo, G., Pingani, L., Musetti, A., Galeazzi, G. M., Pizza, F., Castelnuovo, G., Plazzi, G., & Franceschini, C. (2021). "Newspaper portrayals of narcolepsy from 1980 to 2020: A descriptive analysis of stigmatizing content".

3rd International Virtual Congress on Controversies in Fibromyalgia

Online (COVID-19 pandemic) — 2021

2nd International Virtual Congress on Controversies in Fibromyalgia

Online (COVID-19 pandemic) — 2020

- Oral communication: Varallo, G. (2020). "Pain catastrophizing, acceptance and self-efficacy as mediators between pain intensity and disability in fibromyalgia".
- Poster session: Varallo, G., & Scarpina, F. (2020). "Implicit emotional processing in fibromyalgia: an experimental study".

10th International Conference of the Association for Behavior Analysis International (ABAI)

Stockholm, Sweden — 2019

Oral communication: Cattivelli, R., Maffini, N., Varallo, G., Guerrini Usubini, A., Castelnuovo, G., & Molinari, E. "ACTonHEALTH Study: Fostering Healthful Lifestyle With Wearable Technology to Promote Psychological Flexibility and Modular Behavioral Change Intervention Based on Acceptance and Commitment Therapy".

SIPSA Conference — Italian Society of Health Psychology

Naples, Italy — 2019

World Conference of the Association for Contextual Behavioral Science (ACBS)

Copenhagen, Denmark — 2018

Oral communication: Cattivelli, R., Maffini, N., Varallo, G., Guerrini Usubini, A., Castelnuovo, G., & Molinari, E. "ACTonHEALTH Study: Fostering Healthful Lifestyle With Wearable Technology to Promote Psychological Flexibility and Modular Behavioral Change Intervention Based on Acceptance and Commitment Therapy".

4th International Multidisciplinary Symposium — "Gambling addiction: science, independence, transparency"

Fribourg, Switzerland — 2018

Oral communication: "Decision making, gambling, and analgesic drug addiction in chronic pain patients: preliminary data from an Italian survey".

World Conference of the European Association for Behaviour Analysis (EABA)

Würzburg, Germany — 2018

World Conference of the Association for Contextual Behavioral Science (ACBS)

Dublin, Ireland — 2017

Oral communication: Varallo, G., Cattivelli, R., Guerrini Usubini, A., Maffini, N., Castelnuovo, G., & Molinari, E. "Merging ACT and wearable technology: the ACTonHEALTH feasibility study. Fostering healthful lifestyle with ACT and wearable technology to promote psychological flexibility and modular behavioral change".

World Conference of the Association for Contextual Behavioral Science (ACBS)

Seville, Spain — 2017

Oral communication: "Merging ACT and wearable technology: the ACTonHEALTH feasibility study. Fostering healthful lifestyle with ACT and wearable technology to promote psychological flexibility and modular behavioral change".

PUBLICATIONS

Bibliometric indicators (Scopus): h-index 19 · 67 documents · 1,156 citations from 979 documents.

Scopus: <https://www.scopus.com/authid/detail.uri?authorId=57194510483> · Google Scholar:

<https://scholar.google.com/citations?user=lq46t0kAAAAJ&hl=it>

2026

1. Varallo, G., Mercante, A., Baldini, V., Gnazzo, M., Testoni, C., Benini, F., Amarri, S., Scorza, M., Rubichi, S., Pizza, F., & Plazzi, G. (2026). Understanding Sleep Challenges in Pediatric Palliative Care: A Patient-Focused Scoping Review and Implications for Practice. *Journal of Clinical Medicine*, 15(2), 438. <https://doi.org/10.3390/jcm15020438> [Q1; IF 2.9]
2. Baldini, V., Gnazzo, M., Varallo, G., De Ronchi, D., Pizza, F., Plazzi, G., & Antelmi, E. (2026). Investigating the association between post-traumatic stress disorder and REM sleep behavior disorder: a systematic review. *Sleep Medicine Reviews*, 86, 102245. Advance online publication. <https://doi.org/10.1016/j.smrv.2026.102245> [Q1; IF 9.7]
3. Baldini, V., Varallo, G., Pisanò, G., Gnazzo, M., De Ronchi, D., Tubbs, A., Brand, S., Plazzi, G., & Fiorillo, A. (2026). Latent Profiles of Suicide Risk in University Students: a Multidimensional Model Integrating Sleep, Mood, Interpersonal, and Behavioral Factors. *The Psychiatric Quarterly*. Advance online publication. <https://doi.org/10.1007/s11126-026-10256-9> [Q2 in Psychiatry; IF 2.9]

2025

1. Varallo, G., Musetti, A., Filosa, M., Rapelli, G., Pizza, F., Plazzi, G., & Franceschini, C. (2025). Narcolepsy Beyond Medication: A Scoping Review of Psychological and Behavioral Interventions for Patients with Narcolepsy. *Journal of Clinical Medicine*, 14(8), 2608. <https://doi.org/10.3390/jcm14082608>
2. Camia, M., Reho, M., Ferrari, E., Boni, C. D., Ferretti, V., Guaraldi, G., Genovese, E., Varallo, G., Benassi, E., Scarano, A., Baldini, V., Ciaramidaro, A., & Scorza, M. (2025). Academic Burnout in University Students with Specific Learning Disorders: The Mediating Role of Anxiety in the Relationship Between Burnout and Depression. *Journal of Clinical Medicine*, 14(18), 6400. <https://doi.org/10.3390/jcm14186400> [Q1; IF 2.9]
3. Scarpina, F., Navarra, M. E., Varallo, G., & Bernorio, R. (2025). The role of interoceptive sensibility on central sensitization to pain in vulvodynia. *The Journal of Sexual Medicine*, qdae203. <https://doi.org/10.1093/jsxmed/qdae203>
4. Baldini, V., Varallo, G., Redolfi, S., Liguori, R., & Plazzi, G. (2025). Exploring sleep quality, depressive symptoms, and quality of life in adults with spinal muscular atrophy. *Neuromuscular Disorders*, 50, 105317. <https://doi.org/10.1016/j.nmd.2025.105317>
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2017

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PROFESSIONAL MEMBERSHIPS AND NETWORKS

- AIMS — Italian Association of Sleep Medicine.
- WSS — World Sleep Society.
- ACBS — Association for Contextual Behavioral Science.
- AIP — Italian Association of Psychology.
- SIPSA — Italian Society of Health Psychology.
- AIAMC — Italian Association for Behaviour Analysis and Modification.

SKILLS

Research and methodological skills: data management; project management; statistical analysis; design and implementation of research protocols, with particular attention to psychological factors in chronic health conditions.

Clinical skills: psychological diagnosis and assessment; cognitive-behavioural psychotherapy; Acceptance and Commitment Therapy; psychological support in chronic health conditions (chronic pain, fibromyalgia, obesity, feeding and eating disorders); group-based interventions; behavioural interventions for autism spectrum disorders.

Academic skills: undergraduate and postgraduate teaching; thesis and traineeship supervision; editorial and peer-review work; coordination of multicentre research projects; teamwork in interdisciplinary and relational settings.

LANGUAGES

Italian: native language.

English: listening C1 · reading C1 · spoken production B2 · spoken interaction B2 · writing C1.

Levels: A1/A2 basic user · B1/B2 independent user · C1/C2 proficient user (Common European Framework of Reference for Languages).

DATA PROTECTION

I authorise the processing of the personal data contained in this curriculum vitae pursuant to Article 13 of Italian Legislative Decree no. 196 of 30 June 2003 ("Personal Data Protection Code") and Article 13 of EU Regulation 679/2016 (GDPR).



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