

Matteo Perillo, PhD – Curriculum vitae at March 27th 2026

- Statistician
- Postdoctoral Research Fellow, University of Bologna
Department of Biomedical and Neuromotor Sciences
- Teaching Tutor, University of Bologna
Department of Biomedical and Neuromotor Sciences
Department of Statistical Sciences “Paolo Fortunati”
Department of Economics



CONTACT INFORMATION

Email: matteo.perillo2@unibo.it; Phone: +39 328 2467402

PROFILE

Researcher in quantitative epidemiology and data science with an interdisciplinary background in statistics, artificial intelligence, and biomedical sciences.

Focused on developing predictive models and quantitative tools for chronic disease risk assessment, particularly in relation to diet and lifestyle. Experience in integrating epidemiological evidence, statistical modelling, and digital tools for clinical and preventive applications.

CURRENT POSITION

Postdoctoral Research Fellow

University of Bologna – Department of Biomedical and Neuromotor Sciences (January 2025 – present)
Research topic: *Development of digital tools for assessing lifestyle, dietary habits, and cardiovascular risk.*

EDUCATION

- **PhD in Biomedical and Neuromotor Sciences**
University of Bologna, January 2022 – July 2025
Thesis: *Artificial intelligence and advanced statistical methods for predictive modelling in lifestyle improvement and noncommunicable disease prevention*
- **Master’s Degree in Statistical Sciences (Data Science)**
University of Bologna, September 2019 – July 2021
Thesis: *Application of statistical learning methods for COVID-19 detection*
Final grade: 110/110 cum laude
- **Bachelor’s Degree in Statistical Sciences (Double Degree)**
University of Bologna & University of Glasgow (UK), September 2016 – July 2019
Thesis: *High-dimensional regression using Population Monte Carlo methods with applications to genomics*
Final grade: 110/110 cum laude

RESEARCH EXPERIENCE ABROAD

- **PhD Research Period in company**
University of Bergen & The Vegiano Group (Norway), March 2024 – September 2024
 - Execution of epidemiological literature reviews on diet and risk of mortality and metabolic diseases

- Development of predictive models and co-design of user interfaces for tools supporting chronic disease prevention
- **Thesis Research Periods**
 - Universitat Politècnica de Catalunya (Spain), January 2021 – June 2021 (Master’s degree)
 - University of Glasgow (UK), January 2019 – June 2019 (Bachelor’s degree)

TEACHING ACTIVITIES AND THESIS SUPERVISION

Ongoing teaching and tutoring activities at the University of Bologna in statistical, biomedical, and quantitative disciplines.

Teaching Tutor

- *Statistics for High Dimensional Data* – MSc in Economics and Econometrics (a.y. 2025/26, 25 hours)
- *Biochemistry Laboratory* – Medicine and Surgery (Ravenna Campus, a.y. 2024/25 and 2025/26, 25 hours per year)
- *Latent Variable Models* – MSc in Statistical Sciences (a.y. 2024/25 and 2025/26, 30 hours per year)
- *Biology of Longevity and Healthy Lifestyles* – MSc in Wellness, Sport and Health (Rimini Campus, a.y. 2022/23–2024/25, 8 hours per year)
- *Statistics II* – Bachelor’s Degree in Statistical Sciences (a.y. 2021/22, 15 hours)

Thesis supervision

- Bachelor’s Degree in Biological Sciences, March 2026 session
Dietary habits of the Italian population over the last 30 years: main features and areas for improvement
- Bachelor’s Degree in Biological Sciences, March 2025 session
Evaluation and comparison of predictive models for cardiovascular risk assessment
- MSc in Wellness, Sport and Health, October 2023 session
Knowledge of eating disorders among Italian sport coaches

SCIENTIFIC AND DISSEMINATION ACTIVITIES – SELECTED CONTRIBUTIONS

- “Mercoledì con i giovani” – Italian Society of Biochemistry, Young Section (January 2026)
Oral presentation: *How diet shapes cardiometabolic health*
- Joint Meeting of the Italian Society of Biochemistry – “Nutrition and Environment” & “Membranes” Groups (Bologna, May 2025)
Oral presentation (award-winning): *Association between food groups consumption and cardiovascular disease risk – Insights from an umbrella review of meta-analyses*
- Seminar: AI and applications in medicine (University of Bologna, Ravenna Campus, May 2025)
Oral presentation: *Digital platforms and tools for public health and biomedical research*
- Rimini Wellness – Innovation Area (Rimini, May 2025)
Outreach activity on healthy nutrition and risk prevention tools
- 2nd European Burden of Disease Conference (Trieste, March 2024)

Poster: *Dietary habits of the Italian population across the last 30 years: main features and room for improvement*

ADVANCED TRAINING

- Healthy Longevity Talent Incubator – National University of Singapore (2024)
- Advanced School in Artificial Intelligence – AI2Life (2024)
- Training School on Risk Factors, Health Impact Assessment and Knowledge Translation – European Burden of Disease Network (2023)
- Advanced Course in Artificial Intelligence – University of Ferrara (2023)
- Winter School “Deep Learning for NLP” – University of Bologna (2023)
- Summer School “Datafication and AI” – UNA Europa Network (2022)
- School in AI: Deep Learning, Vision and Language – University of Modena and Reggio Emilia (2022)

SKILLS

- Systematic reviews and umbrella reviews in epidemiology
- Supervised and unsupervised machine learning, with a focus on survival analysis
- Use and validation of natural language processing tools for evidence synthesis
- Programming and database management

PROGRAMMING LANGUAGES

- R (advanced)
- Python (intermediate)
- SQL (basic)

CERTIFICATIONS

- SAS Base Programming

LANGUAGES

- Italian: native
- English: excellent
- Spanish: excellent

AWARDS AND HONORS

- Best presentation award – Italian Society of Biochemistry (2025)
- Winner, “Fater Business Challenge” (2020)
- National finalist, PRISTEM Mathematical Games (several years)
- Regional finalist, Archimedes Mathematical Games (several years)

List of publications at March 27th 2026

Scientific articles:

- Oudbier, S. J., **Perillo, M.**, Smeulers, M., Nurmohamed, S. A., Meij, H. J., & Smets, E. M. (2025). Health apps: a cross-sectional study exploring patient motivations and usage implications. *BMC Public Health*, 25(1), 3069.
- Onni, A. T., Balakrishna, R., **Perillo, M.**, Amato, M., Arjmand, E. J., Thomassen, L. M., ... & Fadnes, L. T. (2025). Umbrella review of systematic reviews and meta-analyses on consumption of different food groups and risk of all-cause mortality. *Advances in Nutrition*, 16(4), 100393.
- Kristoffersen, E., Hjort, S. L., Thomassen, L. M., Arjmand, E. J., **Perillo, M.**, Balakrishna, R., ... & Fadnes, L. T. (2025). Umbrella review of systematic reviews and meta-analyses on the consumption of different food groups and the risk of overweight and obesity. *Nutrients*, 17(4), 662.
- Banjarnahor, R. L., Arjmand, E. J., Onni, A. T., Thomassen, L. M., **Perillo, M.**, Balakrishna, R., ... & Fadnes, L. T. (2025). Umbrella review of systematic reviews and meta-analyses on consumption of different food groups and risk of type 2 diabetes mellitus and metabolic syndrome. *The Journal of Nutrition*, 155(5), 1285-1297.
- Silla, A., Punzo, A., Bonvicini, F., **Perillo, M.**, Malaguti, M., Lorenzini, A., ... & Caliceti, C. (2025). Anti-inflammatory, antioxidant and antibacterial properties of tomato skin and pomegranate peel extracts: A sustainable approach for oral health care. *Antioxidants*, 14(1), 54.
- Silla, A., Punzo, A., Comito, R., Porru, E., Gozzi, G., Barbalace, M. C., ... & Caliceti, C. (2025). Upcycling of Citrus Waste by Natural Deep Eutectic Solvents: Green Extraction of Bioactive Compounds with Antioxidant and Regenerative Properties on Human Keratinocytes. *Nutrients*, 17(23), 3692.
- Silla, A., Punzo, A., Bonvicini, F., **Perillo, M.**, Malaguti, M., Lorenzini, A., ... & Caliceti, C. (2025). Antioxidant and Antibacterial Properties of Tomato Skin and Pomegranate Peel Extracts: A Sustainable Approach for Oral Health Care. *Antioxidants*, 14(1), 54.
- **Perillo, M.**, Silla, A., Punzo, A., Caliceti, C., Kriete, A., Sell, C., & Lorenzini, A. (2024). *Peto's paradox: Nature has used multiple strategies to keep cancer at bay while evolving long lifespans and large body masses. A systematic review.* *Biomedical journal*, 47(2), 100654.
- Punzo, A., Silla, A., Fogacci, F., **Perillo, M.**, Cicero, A. F., & Caliceti, C. (2024). *Bile Acids and Bilirubin Role in Oxidative Stress and Inflammation in Cardiovascular Diseases.* *Diseases*, 12(5), 103.
- Esposito, L., **Perillo, M.**, Di Mattia, C. D., Scroccarello, A., Della Pelle, F., Compagnone, D., ... & Martuscelli, M. (2024). *A Survey on Potentially Beneficial and Hazardous Bioactive Compounds in Cocoa Powder Samples Sourced from the European Market.* *Foods*, 13(15), 2457.
- Punzo, A., **Perillo, M.**, Silla, A., Malaguti, M., Hrelia, S., Barardo, D., ... & Lorenzini, A. (2024). *Promising Effects of Novel Supplement Formulas in Preventing Skin Aging in 3D Human Keratinocytes.* *Nutrients*, 16(16), 2770.
- **Perillo, M.**, Punzo, A., Caliceti, C., Sell, C., & Lorenzini, A. (2023). *The spontaneous immortalization probability of mammalian cell culture strains, as their proliferative capacity, correlates with species body mass, not longevity.* *biomedical journal*, 46(3), 100596.

Books (including chapters and appendices):

- Di Giulio, A., Lorenzini, A., & Malaguti, M. (2024). *Nutrition for Sport and Well-being 2 – Applied Nutrition for Sport and Health. – Appendix C: “Platforms for the assessment of dietary habits”*

Oral and poster presentations at conferences:

- *Association between food groups consumption and cardiovascular disease risk – Insights from an umbrella review of meta-analyses* – Joint Meeting of the Italian Society of Biochemistry – “Nutrition and Environment” and “Membranes” Groups, Bologna, May 28, 2025.
- (Poster) **Perillo, M.**, Amato, M., Umbertini, E., Arjmand, E. J., Fadnes, L. T., & Lorenzini, A. *Dietary habits of the Italian population across the last 30 years: main features and room for improvement.* – 2nd European Burden of Disease Conference, Trieste, March 14-15, 2024.