

Curriculum vitae Valeria Bacaro, Ph.D

Personal information

Name Valeria
Surname Bacaro
Date of birth 16.04.1993
Place of birth Rome, Italy
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Current position

10/2026 – in progress **Researcher in Tenure Track**
Alma Mater Studiorum University of Bologna, Department of Psychology
“Renzo Canestrari”, Bologna, Italy.
Scientific supervisor: Prof. Vincenzo Natale

Previous position(s)

09/2021 – 09/2025 **Post-doctoral Research Fellow**
Alma Mater Studiorum University of Bologna, Department of Psychology
“Renzo Canestrari”, Bologna, Italy.
Scientific supervisor: Prof. Elisabetta Crocetti
Post-doctoral researcher within the ERC Consolidator Grant IDENTITIES
(PI: Prof. Elisabetta Crocetti).
04/2021 – 07/2021 **Research fellowship.** IRCCS Ospedale Pediatrico Bambino Gesù-
UOC Clinical Neuropsychiatry of Children and Adolescents – Rome, Italy.
Scientific Supervisor: Dr. Deny Menghini
2018-2021 **PhD candidate** in “Human Sciences” XXXIII cycle, University of
Study “Guglielmo Marconi”, Rome (Italy).
Scientific supervisor: Prof. Chiara Baglioni.

Education

03/2018 – 09/2021 **PhD in “Human Sciences” XXXIII Cycle**
University of Study “Guglielmo Marconi”
Supervisor: Prof. Chiara Baglioni
09/2015 – 07/2017 **Master’s degree in “Applied psychology to the context of health, work
and juridical”**
University of Rome “Sapienza”
Supervisor: Prof. Caterina Lombardo
09/2013 – 07/2015 **Bachelor’s Degree in “Psychology and social processes”**
University of Rome “Sapienza”
Supervisor: Prof. Guido Alessandri

Additional professional training

01/2019 – 01/2023 **Four-year postgraduate course in cognitive psychotherapy.**
School of Cognitive Psychotherapy SRL Rome
05/2019 – 05/2020 **Advanced training course in Cognitive Behavioral Therapy for Insomnia
(CBT-I)**
University of Rome “Sapienza”

RESEARCH

Awards

03/2019 – 08/2019 **European Sleep Research Society – Short Term Fellowship 2019**
Sleep and Emotion Laboratory of Professor Dieter Riemann at the University of Freiburg, Germany
Funded by: European Sleep Research Society (2.800 €)
Supervisor: Prof. Dieter Riemann

Visiting period

7-14/10/2024 **Visiting scholar**
Department of Psychology, University of Crete.
Hosted by: Prof. Stefanos Mastrotheodoros.

03/2019 – 09/2019 **Visiting scholar**
Sleep and Emotion Laboratory of Professor Dieter Riemann at the University of Freiburg, Germany
Supervisors: Prof. Dieter Riemann

Participation in research projects funded under competitive schemes

International

09/2021 – in progress **Post-doctoral research fellow for ERC-Consolidator Project IDENTITIES**
“Managing Identities in Diverse Societies: A Developmental Intergroup Perspective with Adolescents” (Grant Agreement N. 101002163)
Alma Mater Studiorum University of Bologna, Department of Psychology
Principal Investigator: Professor Elisabetta Crocetti.

Participation in research groups

• International

11/2024 – in progress **Team member** of the research group: Chronopsychology.
(<https://psicologia.unibo.it/it/ricerca/gruppi-di-ricerca/cronopsicologia>)
Alma Mater Studiorum University of Bologna, Department of Psychology
“Renzo Canestrari”, Bologna, Italy
Head: Prof. Vincenzo Natale.

09/2024 – in progress **Team member** UKRI cross-research council responsive mode pilot scheme,
“Unlocking adolescent potential: Interdisciplinary insights into sleep and its consequences for health, well-being and education in Ugandan adolescents”.
PI: Prof. Helen Weiss, *London School of Hygiene & Tropical Medicine Research*, London.

11/2021 – in progress **Team member** of the research group Identities in interaction
(<https://psicologia.unibo.it/it/ricerca/gruppi-di-ricerca/identita-in-interazione>)
Alma Mater Studiorum University of Bologna, Department of Psychology
“Renzo Canestrari”, Bologna, Italy
Head: Prof. Elisabetta Crocetti.

04/2021 – 07/2021: **Team member of the research unit** Neuropsychiatry of Children and Adolescents of the IRCCS Ospedale Pediatrico Bambino Gesù-
UOC Clinical – Rome, Italy.
Heads: Dr. Alberto Eugenio Tozzi ; Dr. Valeria Zanna; Dr. Deny Menghini;
Prof. Stefano Vicari

03/2019-09/2019 **Research affiliate** - Sleep and Emotion Laboratory University of Freiburg, Germany. Head: Professor Dieter Riemann

09/2018-09/2019

Research affiliate – Psychology and Psychophysiology Laboratory, University of Rome “Sapienza”, Rome, Italy. Head: Prof. Caterina Lombardo.

Participation in summer school

- 2023** Participation at: International EARA-EASP-EAPP meeting “Building Inclusive Identities”, Multidisciplinary RKTS (Research Knowledge Transfer Scheme). 18-22 September 2023, University of Bologna, Italy.
- 2018** International Methodological Summer School: Longitudinal Data Analysis 2-6 July 2018, Canazei, Italy

Editorial Activities

- **Member of journal editorial boards**

Behavioral Sleep Medicine (2022–)

- **Guest editorship of special issues:**

Crocetti, E., **Bacaro, V.**, Bobba, B., Maratia, F. “Managing identities in diverse societies”. *Identity An International Journal of Theory and Research*

Mastrotheodoros, S., **Bacaro, V.**, Becht, A. (2026) “Biological Correlates of Identity and the Self”. *Identity An International Journal of Theory and Research*
(https://think.taylorandfrancis.com/special_issues/biological-correlates-of-identity-and-the-self/)

Bacaro, V., Vacca, M.C. (2023) Special Issue "Contemporary Perspectives on the Intersection between Sleep and Psychosocial Development in Adolescents". *International Journal of Environmental Research and Public Health*.

- **Reviewer for international journals (since 2019-)**

American Journal of Obstetrics and Gynecology
Current Psychology
Behavioral Sleep Medicine
BMC Psychiatry
Chronobiology International
Eating and Weight Disorders-Studies on Anorexia Bulimia and Obesity
European Child & Adolescent Psychiatry
European Journal of Social Psychology
European Journal of Personality
Information, Communication and Society
International Journal of Adolescence and Youth
International Journal of Environmental Research and Public Health
International Journal of Clinical and Health Psychology
Journal of Adolescence
Journal of Research on Adolescence
Journal of Sleep Research
Nature and Science of Sleep
npj Digital Medicine
Nutrients
Psychological Review
Scientific Reports
Sleep Medicine
Sleep Medicine Reviews

Nominated reviewer for doctoral dissertation

2025

Nominated external reviewer for doctoral dissertation

Reviewer of the dissertation of Summer Sophia Cannon. CQUniversity, Australia

Supervisor: Prof. Michele Lastella.

Appleton Institute for Behavioural Science at CQUniversity Adelaide

Psychology And Cognitive Sciences

Grant reviewing

2025

Ad-hoc grant reviewer

ERC - Starting Grant (2025) - SH4 The Human Mind and Its Complexity

Qualifications and memberships

National Scientific Qualification (Abilitazione Scientifica Nazionale) as Associate Professor

Italian higher education system (Ministry of University and Research)

Disciplinary field: 11/E1 – General Psychology, Psychobiology, and Psychometrics
(2024–2036)

National Scientific Qualification (Abilitazione Scientifica Nazionale) as Associate Professor

Italian higher education system (Ministry of University and Research)

Disciplinary field of 11/E4 - Clinical and dynamic psychology
(2023-2034)

European Association for Research on Adolescence

Member (2025 –)

Gruppo tematico ONIRI Sonno, ritmi, e benessere biopsicosociale

Member (2024 –)

Professional of Psychologists (Albo degli Psicologi)

Member of the order of Lazio (ID: 24507), Section A (2019 –)

European Association of Personality Psychology

Member (2022 –)

European Insomnia Network (EIN)

Member (2019 –)

Associazione Italiana di Psicologia (AIP) [Italian Association of Psychology]

Member (2018 –)

European Sleep Research Society (ESRS)

Member (2018-)

SCIENTIFIC PUBLICATIONS¹

Biometric indexes (Scopus, October 07th, 2026)

Articles = 40

Total citations = 1,207

H-index = 18

Pre-print records

Bacaro, V., Mastrotheodoros, S., Natale, V., & Crocetti, E. (2025). *Sleeping through adversity: Sleep moderates adolescents' resilient adaptation after a natural disaster*. PsyArXiv Preprints.

https://doi.org/osf.io/preprints/psyarxiv/h4gfw_v1

Articles in peer-reviewed journals¹

• International

Accepted for publication / Online first

1. De Lise, F., **Bacaro, V.**, & Crocetti, E. (2025). Don't sleep on identity: Longitudinal associations between identity and sleep quality in adolescents with different cultural backgrounds. *Applied Developmental Science*, 1–20. <https://doi.org/10.1080/10888691.2024.2435392> (WoS: IF: 1.5, Q4; SJR: Q1).

2026

2. Pagano, M., **Bacaro, V.**, & Crocetti, E. (2026). Sleeping in multicultural societies: The longitudinal interplay between adolescents' sleep health and intercultural interactions. *International Journal of Clinical and Health Psychology*, 26(1), 100680. <https://doi.org/10.1016/j.ijchp.2026.100680> (WoS: IF: 4.4, Q1; SJR: Q1).

2025

3. Paggetti, A., Lazzaro, G., **Bacaro, V.**, Vanacore, N., Vicari, S., & Menghini, D. (2025). Sleep characteristics in children, adolescents, and adults with Specific Learning Disorders: A systematic review and a meta-analysis. *Sleep Medicine*, 136, 106817. <https://doi.org/10.1016/j.sleep.2025.106817> (WoS: IF: 3.4, Q2; SJR: Q1).
4. **Bacaro, V.**, De Lise, F., Natale, V., Tonetti, L., & Crocetti, E. (2025). Night owls and early birds: The role of adolescents' chronotype on educational identity trajectories. *International Journal of Psychology*, 60(5), e70108. <https://doi.org/10.1002/ijop.70108> (WoS: IF: 1.6, Q2; SJR: Q1).
5. Natale, V., Andreose, A., **Bacaro, V.**, Giovagnoli, S., Giudetti, F., Grimaldi, M., Tonetti, L., Crocetti, E. (2025). Dissecting circadian and homeostatic processes in adolescents: An actigraphic study. *Sleep Medicine*, 134, 106738. <https://doi.org/10.1016/j.sleep.2025.106738> (WoS: IF: 3.4, Q2; SJR: Q1).
6. Crocetti, E., De Lise, F., Pagano, M., Bobba, B., Maratia, F., Meeus, W., & **Bacaro, V.** (2025). What's your vocation? A meta-analysis of interventions tackling youth educational and professional identity. *Identity*, 25(2), 197-215. <https://doi.org/10.1080/15283488.2024.2394861> (WoS: IF: 1.9, Q3; SJR: Q1).
7. Crocetti, E., Pagano, M., De Lise, F., Maratia, F., Bobba, B., Meeus, W., & **Bacaro, V.** (2025). Promoting adolescents' personal and social identities: A meta-analysis of psychosocial interventions. *Identity*, 25(2), 167-196. <https://doi.org/10.1080/15283488.2024.2394888> (WoS: IF: 1.9, Q3; SJR: Q1).

¹ For each publication, bibliometric indicators from both Web of Science (WoS) and Scopus are reported when available. For WoS-indexed publications, the Impact Factor (IF) and Journal Citation Reports (JCR) quartile for the year of publication are indicated (for recent publications, the latest available IF and quartile are reported). For Scopus-indexed publications, the SCImago Journal Rank (SJR) quartile for the year of publication are indicated (for recent publications, the most recent quartile is reported).

8. Lazzaro, G., Galassi, P., **Bacaro, V.**, Vicari, S., & Menghini, D. (2025) Clinical characterization of children and adolescents with ADHD and sleep disturbances. *European Archives of Psychiatry and Clinical Neuroscience*, 275, 1913–1924 <https://doi.org/10.1007/s00406-024-01921-w> (WoS: IF: 3.7, Q1; SJR: Q1)

2024

9. Natale, V., Andreose, A., **Bacaro, V.**, Giovagnoli, S., Giudetti, F., Grimaldi, M., Tonetti, L., & Crocetti, E. (2024). Morningness–eveningness preference and motor wake–sleep inertia in adolescents. *Sensors*, 24(23), 7668. <https://doi.org/10.3390/s24237668> (WoS: IF: 3.5, Q2; SJR: Q1)
10. **Bacaro, V.**, Miletic, K., Crocetti, E., (2024). A meta-analysis of longitudinal studies on the interplay between sleep, mental health, and positive well-being in adolescents. *International Journal of Clinical and Health Psychology*, 24(1), 100424. <https://doi.org/10.1016/j.ijchp.2023.100424> (WoS: IF: 4.4, Q1; SJR: Q1).
11. Tonetti, L., Andreose, A., **Bacaro, V.**, Grimaldi, M., Natale, V., & Crocetti, E. (2024). External validity of the reduced Morningness–Eveningness Questionnaire for Children and Adolescents: an actigraphic study. *Journal of Sleep Research*, 33,e13948. <https://doi.org/10.1111/jsr.13948> (WoS: IF: 3.9, Q1; SJR: Q1).

2023

12. Zagaria, A., Vacca, M., Cerolini, S., Terrasi, M., **Bacaro, V.**, Ballesio, A., Baglioni, C., Spinhoven, P., & Lombardo, C. (2023). Differential Associations of Cognitive Emotion Regulation Strategies with Depression, Anxiety, and Insomnia in Adolescence and Early Adulthood. *International Journal of Environmental Research and Public Health*, 20(10), 5857. <https://doi.org/10.3390/ijerph20105857> (SJR: Q2)
13. Mombelli, S., **Bacaro, V.**, Curati, S., Berra, F., Sforza, M., Castronovo, V., Ferini Strambi, L., Galbiati, A., Baglioni, C. (2023). Non-pharmacological and melatonin interventions for pediatric sleep initiation and maintenance problems: A systematic review and network meta-analysis. *Sleep Medicine Reviews*, 70, 101806. <https://doi.org/10.1016/j.smr.2023.101806> (WoS: IF: 10.5, Q1; SJR: Q1).
14. Pagano, M., **Bacaro, V.**, & Crocetti, E. (2023). “Using digital media or sleeping... that is the question”. A meta-analysis on digital media use and unhealthy sleep in adolescence. *Computers in Human Behavior*, 146, 107813. <https://doi.org/10.1016/j.chb.2023.107813> (WoS: IF: 9.9, Q1; SJR: Q1).
15. Grimaldi, M., **Bacaro, V.**, Natale, V., Tonetti, L., & Crocetti, E. (2023). The longitudinal interplay between sleep, anthropometric indices, eating behaviors, and nutritional aspects: A systematic review and meta-analysis. *Nutrients*, 15(14), 3179. <https://doi.org/10.3390/nu15143179> (WoS: IF: 4.8, Q1; SJR: Q1).
16. Meneo, D., **Bacaro, V.**, Curati, S., Russo, P. M., Martoni, M., Gelfo, F., & Baglioni, C. (2023). A systematic review and meta-analysis of the association between young adults’ sleep habits and substance use, with a focus on self-medication behaviours. *Sleep Medicine Reviews*, 70, 101792. <https://doi.org/10.1016/j.smr.2023.101792> (WoS: IF: 10.5, Q1; SJR: Q1).
17. **Bacaro V.**, Carpentier L, Crocetti E. (2023). Sleep well, study well: A systematic review of longitudinal studies on the interplay between sleep and school experience in adolescence. *International Journal of Environmental Research and Public Health*. 20(6), 4829. <https://doi.org/10.3390/ijerph20064829> (SJR: Q2).
18. Maratia F, **Bacaro V.**, Crocetti E. (2023). Sleep is a family affair: A systematic review and meta-analysis of longitudinal studies on the interplay between adolescents’ sleep and family Factors. *International Journal of Environmental Research and Public Health*. 20(5), 4572. <https://doi.org/10.3390/ijerph20054572> (SJR: Q2).

19. Bobba, B., **Bacaro, V.**, Crocetti, E. (2023) Embedded in contexts: A systematic review of the longitudinal associations between contextual factors and sleep. *Adolescent Research Review*. 8(4), 403-422. <https://doi.org/10.1007/s40894-023-00204-0> (WoS: IF:4.7, Q1; SJR: Q1).
 20. De Lise, F., **Bacaro, V.**, Crocetti, E. (2023) The social side of sleep: A systematic review of the longitudinal associations between peer relationships and sleep quality. *International Journal of Environmental Research and Public Health*. 20(3), 2017. <https://doi.org/10.3390/ijerph20032017> (SJR: Q2).
 21. **Bacaro, V.**, Andreose, A., Grimaldi, M., Natale, V., Tonetti, L., Crocetti, E. (2023) The association between sleep patterns, educational identity, and school performance in adolescents. *Brain Sciences*. 13(2), 178. <https://doi.org/10.3390/brainsci13020178> (WoS: IF:2.7; Q3; SJR: Q2).
 22. Tonetti, L., Andreose, A., **Bacaro, V.**, Grimaldi, M., Natale, V., & Crocetti, E. (2023). Different effects of social jetlag and weekend catch-up sleep on well-being of adolescents according to the actual sleep duration. *International Journal of Environmental Research and Public Health*, 20(1), 574. <https://doi.org/10.3390/ijerph20010574> (SJR: Q2).
- 2022**
23. **Bacaro, V.**, Meneo, D., Curati, S., Buonanno, C., De Bartolo, P., Riemann, D., Mancini, F., Martoni, M., & Baglioni, C. (2022). The impact of COVID-19 on Italian adolescents' sleep and its association with psychological factors. *Journal of Sleep Research*, 31(6), 1– 8. <https://doi.org/10.1111/jsr.13689> (WoS: IF: 4.4, Q2; SJR: Q1).
 24. **Bacaro, V.**, Curati, S., Baglioni, C. Validation study of the Italian version of the Sleep Hygiene Index. *Journal of Sleep Research*. 31(1), e13445 <https://doi.org/10.1111/jsr.13445> (WoS: IF: 4.4, Q2; SJR: Q1)
 25. Ballesio, A., Vacca, M., **Bacaro, V.**, Benazzi, A., De Bartolo, P., Alivernini, F., Lucidi, F., Lombardo, C. & Baglioni, C. (2022). Psychological correlates of insomnia in professional soccer players: An exploratory study. *European Journal of Sport Science*, 22(6), 897-905. <https://doi.org/10.1080/17461391.2021.1892197> (WoS: IF: 3.2, Q2; SJR: Q1).
- 2021**
26. Ballesio, A., **Bacaro, V.**, Vacca, M., Chirico, A., Lucidi, F., Riemann, D., Baglioni, C. & Lombardo, C. (2021). Does cognitive behaviour therapy for insomnia reduce repetitive negative thinking and sleep-related worry beliefs? A systematic review and meta-analysis. *Sleep Medicine Reviews*, 55, 101378. (WoS: IF: 11.401, Q1; SJR: Q1)
 27. **Bacaro, V.**, Buonanno, C., Mancini, F., & Baglioni, C. (2021). Efficacy of interventions for improving health in patients with multiple sclerosis on insomnia symptoms and sleep quality: A systematic review of randomized controlled trials. *Journal of Behavioral and Cognitive Therapy*, 31(2), 137-145. <https://doi.org/10.1016/j.jbct.2020.12.001> (SJR: Q3).
 28. **Bacaro, V.**, Gavriloff, D., Lombardo, C., & Baglioni, C. (2021). Sleep characteristics in the Italian pediatric population: a systematic review. *Clinical Neuropsychiatry*, 18(3) <https://doi.org/10.36131/cnfioritieditore20210302> (SJR: Q1).
 29. **Bacaro, V.**, Chiabudini, M., Buonanno, C., De Bartolo, P., Riemann, D., Mancini, F., Baglioni, C. Sleep characteristics in Italian children during home confinement due to Covid-19 outbreak. *Clinical Neuropsychiatry*. 18(1), 13 <https://doi.org/10.36131/cnfioritieditore20210102> (SJR: Q1).
- 2020**
30. **Bacaro, V.**, Chiabudini, M., Buonanno, C., De Bartolo, P., Riemann, D., Mancini, F., & Baglioni, C. (2020). Insomnia in the Italian population during Covid-19 outbreak: A snapshot on one major risk factor for depression and anxiety. *Frontiers in Psychiatry*, 11, 1479. <https://doi.org/10.3389/fpsy.2020.579107> (WoS: IF: 4.157, Q2; SJR: Q1).
 31. **Bacaro, V.**, Feige, B., Benz, F., Johann, A. F., De Bartolo, P., Devoto, A., Lombardo, C., Riemann, D. & Baglioni, C. (2020). The association between diurnal sleep patterns and emotions in infants and

- toddlers attending nursery. *Brain Sciences*, 10(11), 891. <https://doi.org/10.3390/brainsci10110891> (WoS: IF: 3.394, Q3; SJR: Q3).
32. Benz, F., Knoop, T., Ballesio, A., **Bacaro, V.**, Johann, A. F., Rücker, G., Feige, B., Riemann, D., & Baglioni, C. (2020). The efficacy of cognitive and behavior therapies for insomnia on daytime symptoms: A systematic review and network meta-analysis. *Clinical Psychology Review*, 80, 101873. <https://doi.org/10.1016/j.cpr.2020.101873> (WoS: IF: 12.792, Q1; SJR: Q1).
 33. Baglioni, C., Bostanova, Z., **Bacaro, V.**, Benz, F., Hertenstein, E., Spiegelhalder, K., Rucker, G., Frase, L., Riemann, D. & Feige, B. (2020). A systematic review and network meta-analysis of randomized controlled trials evaluating the evidence base of melatonin, light exposure, exercise, and complementary and alternative medicine for patients with insomnia disorder. *Journal of Clinical Medicine*, 9(6), 1949. <https://doi.org/10.3390/jcm9061949> (WoS: IF: 4.242, Q1; SJR: Q1).
 34. **Bacaro, V.**, Ballesio, A., Cerolini, S., Vacca, M., Poggiogalle, E., Donini, L. M., Lucidi, F., & Lombardo, C. (2020). Sleep duration and obesity in adulthood: An updated systematic review and meta-analysis. *Obesity Research & Clinical Practice*, 14(4), 301-309. <https://doi.org/10.1016/j.orcp.2020.03.004> (WoS: IF: 2.288, Q3; SJR: Q2).
 35. **Bacaro, V.**, Benz, F., Pappaccogli, A., De Bartolo, P., Johann, A. F., Palagini, L., Lombardo, C., Feige, B., Riemann, D., & Baglioni, C. (2020). Reply to Zhang et al.: Commentary interventions for sleep problems during pregnancy. *Sleep Medicine Reviews*, 51, 101284. <https://doi.org/10.1016/j.smrv.2020.101284> (WoS: IF: 11.609, Q1; SJR: Q1).
 36. **Bacaro, V.**, Benz, F., Pappaccogli, A., De Bartolo, P., Johann, A.F., Palagini, L., Lombardo, C., Feige, B., Riemann, D., Baglioni, C. (2020). Interventions for sleep problems during pregnancy: A systematic review, *Sleep Medicine Reviews*, 50, 101234. <https://doi.org/10.1016/j.smrv.2019.101234> (WoS: IF: 11.609, Q1; SJR: Q1).

2019

37. **Bacaro, V.**, Feige, B., Ballesio, A., De Bartolo, P., Johann, A. F., Buonanno, C., Mancini, F., Lombardo, C., Riemann, D., & Baglioni, C. (2019). Considering Sleep, Mood, and Stress in a Family Context: A Preliminary Study. *Clocks & Sleep*, 1(2), 259-272. <https://doi.org/10.3390/clockssleep1020022>

• National

2023

Meneo, D., **Bacaro, V.**, Buonanno, C., Baglioni, C. (2023). La valutazione del sonno in psicoterapia: una proposta di intervista clinica semistrutturata. *Cognitivismo Clinico*. 20, 1, 69-98.

Bacaro, V., Baglioni, C. (2021). Insomnia during pregnancy in the time of Covid-19 Pandemic: A case report of an adapted digital intervention based on Cognitive-Behavior Therapy for Insomnia (CBT-I). *Psicoterapia Cognitiva e Comportamentale*. 27(3), 335-350.

2020

Bacaro, V., Baglioni, C. Una rassegna narrativa sull'efficacia della melatonina, della fototerapia, dell'esercizio fisico, della medicina complementare e della mindfulness per il disturbo di insonnia. *Cognitivismo Clinico*. 18 (1), 108-131

2019

Cerolini, S., Terrasi, M., Ballesio, A., Devoto, A., Bacaro, V., Vacca, M., & Lombardo, C. (2019). Efficacia di un training di regolazione delle emozioni in un gruppo di studenti universitari. *Cognitivismo clinico* 16, 1, 33-44

• Conference proceedings

Bacaro, V., Miletic, K., Crocetti, E. A meta-analysis of longitudinal studies on the interplay between sleep, mental health, and positive well-being in adolescents. *Journal of Sleep Research*, 33(S1), S474. <https://doi.org/10.1111/jsr.14291>

Bacaro V., Pagano, M., Crocetti, E. Sleeping in multicultural societies: The longitudinal interplay between adolescents' sleep health and interethnic interactions. *Journal of Sleep Research*, 33(S1), S572. <https://doi.org/10.1111/jsr.14291>

Bacaro, V., De Lise, F., Natale, V., Tonetti, L. Night owls and early birds: The role of adolescents' chronotype on educational identity trajectories. *Journal of Sleep Research*, 33(S1), S572. <https://doi.org/10.1111/jsr.14291>

Bacaro, V., Bobba, B., Carpentier, L., de Lise, F., Golfieri, F., Karatas, S., Maratia, F., Pagano, M., Tonetti, L., Natale, V., & Crocetti, E. (2022). The interplay between sleep quality and adolescents' psychosocial development: a systematic review and meta-analysis of longitudinal studies. *Sleep Medicine*, 100, S97–S98. <https://doi.org/10.1016/j.sleep.2022.05.272> (IF:4.8, Q1)

Bacaro, V., Carpentier, L., Natale, V., Tonetti, L., & Crocetti, E. (2022). The relationship between ecological contexts of adolescents and sleep quality. *Sleep Medicine*, 100, S99. <https://doi.org/10.1016/j.sleep.2022.05.276> (IF:4.8, Q1)

International book chapters

2025

Bacaro, V. (2025). Alternative Treatment Modalities for Peripartum Insomnia. In Sharma, V., Palagini, L. (eds) *Sleep and perinatal psychiatric disorders* (pp. 185-190). Springer, Cham. https://doi.org/10.1007/978-3-031-95948-6_14

2022

Gavriloff, D., **Bacaro, V.**, Schlarb, A., & Baglioni, C. (2022). Protocols for Sleep Initiation and Maintenance Problems in Paediatric Populations. In C. Baglioni & C. Schlarb (eds) *Cognitive-Behavioural Therapy For Insomnia (CBT-I) across the life span: Guidelines and clinical protocols for health professionals* (pp. 81-107). Wiley. <https://doi.org/10.1002/9781119891192.ch>

CONFERENCE ORGANIZATION AND PARTICIPATION IN SCIENTIFIC COMMITTEES

2026-2028

Member of the Scientific Committee, 21st Biennial Conference of the European Association for Research on Adolescence (EARA), Bologna, Italy

2026-2027

Member of the Scientific Committee, IDENTITIES Final Conference: Managing identities in diverse societies, 17-19 March 2027, Bologna, Italy

CONFERENCE PRESENTATIONS

• International

Presentations at conferences

2026

Bacaro V., Mastrotheodoros, S., Natale, V., & Crocetti, E. (2026, August 18-21). Sleep as a resilience factor for adolescents' adaptation after a natural disaster. [Oral presentation]. In Bacaro, V. (Chair) *Sleep health and psychosocial development: Multimethod and multidimensional perspectives. [Symposium]*. European Association for Research on Adolescence (EARA) 20th Meeting, Utrecht, The Netherlands

2025

Bacaro, V., Mastrotheodoros, S., Natale, V., & Crocetti, E. (2025, September 24–26). *Sleeping through adversity? Sleep moderates adolescents' resilient adaptation after a natural disaster* [Poster presentation]. 11th International Symposium on Resilience Research, Mainz, Germany. Leibniz Institute for Resilience Research.

2024

Bacaro, V., Pagano, M., Crocetti, E. (2024, September 24-27). *Sleeping in multicultural societies: The longitudinal interplay between adolescents' sleep health and interethnic interactions* [Poster presentation]. Congress of the European Sleep Research Society (ESRS), Sleep Europe 2024, Seville, Spain.

Bacaro, V., De Lise, F., Natale, V., Tonetti, L., Crocetti, E. (2024, September 24-27). *Night owls and early birds: The role of adolescents' chronotype on educational identity trajectories* [Poster presentation]. Congress of the European Sleep Research Society (ESRS), Sleep Europe 2024, Seville, Spain.

Bacaro, V., Miletic, K., Crocetti, E. (2024, September 24-27). *A meta-analysis of longitudinal studies on the interplay between sleep, mental health, and positive well-being in adolescents* [Poster presentation]. Congress of the European Sleep Research Society (ESRS), Sleep Europe 2024, Seville, Spain.

2023

Bacaro V., De Lise, F., Grimaldi, M., Andreose, A., Natale, V., Tonetti, L., Crocetti, E. (2023, November 4). Tell me how you sleep, and I'll tell you who you are: the longitudinal associations between identity processes and sleep quality in adolescents. Re-discovering Youths Today: Identity, Subculture, Psychosocial Functioning, and Service Needs, Social Research Centre, Hong Kong Shue Yan University (HKSYU), Hong Kong [Oral presentation]

2022

Bacaro, V., Bobba, B., Carpentier, L., De Lise, F., Golfieri, F., Karataş, S., Maratia, F., Pagano, M., Tonetti, L., Natale, V., & Crocetti, E. (2022, March). The interplay between sleep quality and adolescents' psychosocial development: A systematic review and meta-analysis of longitudinal studies. Poster presented at the World Sleep Congress, Rome, Italy.

Bacaro, V., Natale, V., Tonetti, L., Crocetti, E. (2022, March). The relationship between ecological contexts of adolescents and sleep quality. Poster presented at the World Sleep Congress, Rome, Italy.

2020

Bacaro, V., Chiabudini, M., Buonananno, C., De Bartolo, P., Riemann, D., Mancini, F., & Baglioni, C. (2020, September). *Insomnia severity and mental health in the Italian adult population during home confinement due to Covid-19 pandemic*. [Poster] European Sleep Research Society Congress, online.

2018

Bacaro, V., Nesi, S., Johann, A. F., Feige, B., Devoto, A., Lombardo, C., ... & Baglioni, C. (2018, September). *The relationship between sleep habits and positive and negative emotions in infants and toddlers: a preliminary study*. [Poster] European Sleep Research Society Congress, Basel, Switzerland.

Invited presentation at conference:

Bacaro, V. (2023, November) *Sleep health and psychosocial variables during adolescence*. European Insomnia Network Annual Meeting (EIN 2023) [Oral presentation]

Bacaro, V. (2022, October) *Insomnia prevalence around the world during Covid-19: sex and age differences*. European Insomnia Network Annual Meeting (EIN 2022) [Oral presentation]

• National

Presentations at conferences

Bacaro, V., De Lise, F., Natale, V., Tonetti, L., Crocetti, E. (2025, June 13). *Gufi e allodole: il ruolo del cronotipo nella costruzione dell'identità scolastica degli adolescenti e le implicazioni per il rendimento scolastico* [Oral presentation]. 2nd Edition of the Study Day on Sleep Psychology (2025), AIP ONIRI Thematic Group, Rome, Italy

2022

Bacaro, V. (2022, September 27-30). The relationship between adolescents' school experience and subjective and objective sleep quality. In Cellini N., *Qualitative and quantitative assessment of sleep in daily life*

[Oral presentation in symposium]. Italian Association of Psychology (AIP) 30th National Congress, Padova, Italy.

2021

Bacaro, V., Gavriloff, D., Lombardo, C., & Baglioni, C. (2021, October). *Sleep characteristics in the italian pediatric population: a systematic review*. [Oral Presentation] XXX National Virtual Congress of Associazione Italiana di Medicina del Sonno.

2019

Bacaro, V., Feige, B., Balleisio, A., De Bartolo, P., Johann, A. F., Buonanno, C., ... & Baglioni, C. (2019, October). *Considering sleep, mood, and stress in a family context: a preliminary study*. [Oral Presentation] Associazione di psicoterapia cognitiva, Assisi

TEACHING AND LECTURES

Courses in Bachelor's and Master's programs in Italian universities

2026/2027	Dysfunctional Cognitive Processes (Module 1) (24 hours) Second cycle degree programme (LM) in Planning and managing of educational intervention in social distress, University of Bologna.
2026/2027	Ergonomics and Environmental Psychology (Module 2) (24 hours) Second-cycle degree program (LM) in Applied Cognitive Psychology, University of Bologna.
2026/2027	Laboratory 1 – F (16 hours), Second-cycle degree program (LM) in Clinical Psychology, University of Bologna.
2025-2026	Practicum training – (20 hours), First-cycle degree program (LT) in Psychological sciences, University of Bologna.
2025-2026	Laboratory 1 – F (16 hours), Second-cycle degree program (LM) in Clinical Psychology, University of Bologna.

Lecturers in PhD programs

2024-2025	Systematic Reviews: Guidelines and Best Practices (12 hours) PhD Program in Psychology, Alma Mater Studiorum – University of Bologna, Department of Psychology “Renzo Canestrari”, Bologna, Italy January 23–24, 2025
2023-2024	Systematic Reviews: Guidelines and Best Practices (12 hours) PhD Program in Psychology, Alma Mater Studiorum – University of Bologna, Department of Psychology “Renzo Canestrari”, Bologna, Italy January 10–17, 2024
2022-2023	Systematic Reviews: Validity and Best Practices (8 hours) PhD Program in Psychology, Alma Mater Studiorum – University of Bologna, Department of Psychology “Renzo Canestrari”, Bologna, Italy January 12–19, 2023

Academic tutor in PhD programs

2025-2026 Systematic Reviews: Guidelines and Best Practices (12 hours)
PhD Program in Psychology, Alma Mater Studiorum – University of Bologna,
Department of Psychology “Renzo Canestrari”, Bologna, Italy
January 27–28, 2026

Other Academic Activities

- **Supervision of Bachelor’s** (L-24 - SCIENZE E TECNICHE PSICOLOGICHE; N = 6) and **Master’s theses** (LM-51 – PSICOLOGIA; N= 3)
Department of Psychology “Renzo Canestrari”, Alma Mater Studiorum – University of Bologna, Bologna, Italy
November 2021 – present

Invited Keynote, Seminars, and Workshops

- *Invited keynote:*
"The Interplay Between Sleep Quality and Adolescents’ Psychosocial Development"
7th International Workshop on Time Studies in Childhood and Youth.
Online
June 11, 2025

- *Invited seminar:*
"Multimethod Approach for Studying Sleep in Adolescence"
Department of Psychology, University of Crete, Greece
October 13, 2024

- *Workshop leader:*

Pre-conference workshop (5 hours). Systematic Reviews and Meta-Analyses: Guidelines and Best Practices at the 21th Biennial Conference of the European Association for Research on Adolescence (EARA), Utrecht, The Netherlands.

Workshop on the Use of Actigraphy in Adolescent Research
Sapienza University of Rome
February 17, 2023

Advanced Training Modules in Sleep Science and Intervention Research

- *Lecturer, online course:*
"Cognitive Behavioral Treatment for Pediatric Insomnia"
Association for Cognitive Psychotherapy, School of Cognitive Psychotherapy
Module title: **"From sleep health to sleep initiation and maintenance disorders: epidemiology, etiology, gender and age differences"**
Online
September 14, 2025
- *Lecturer:*
Advanced course *"Cognitive Behavioral Therapy for Insomnia (CBT-I) Across the Lifespan"*, XXVII Residential Course in Sleep Medicine (Italian Association of Sleep Medicine)
Module title: **"Stimulus Control Technique"**
Bertinoro, Italy
April 8, 2024

- *Lecturer, online course:*
"Cognitive Behavioral Treatment for Insomnia"
 Association for Cognitive Psychotherapy, School of Cognitive Psychotherapy
 Module title: **"Sleep Hygiene and Clinical Case Exercises"**
 Online
May 9, 2021

Third mission

- Buscemi, A., **Bacaro, V.**, Bonechi, C., Crocetti, E., Maratia, F., Yang, H., Yang, P. (2026). Me and the world: A journey through identity, relationships, and well-being. European Researchers' Night, University of Bologna, Campus of Cesena.
- Bacaro, V.**, Maratia, F., Mellone, M., Bonechi, C., Miletic, K., De Sio, S., Yang, P., Yang, H., Crocetti, E. (2025). Who are we? A journey through identity, well-being, and inclusion. European Researchers' Night, University of Bologna, Campus of Cesena.
- Maratia, F., **Bacaro, V.**, Bobba, B., De Lise, F., Golfieri, F., Grimaldi, M., Pagano, M., Crocetti (2023). Social animals in the social world. European Researchers' Night, University of Bologna, Campus of Cesena.
- Crocetti, E., **Bacaro, V.**, Bobba, B., De Lise, F., Golfieri, F., Maratia, F., Pagano, M. (2022, Febbraio). *Scoprire sé e gli altri: La ricerca psicologica sul benessere e la formazione dell'identità nei contesti di vita degli adolescenti*. Percorsi per le Competenze Trasversali e l'Orientamento (P.C.T.O.). Istituto di Istruzione Martino Martini, Mezzolombardo, Italy.

Other Dissemination Activities

- Bacaro, V.**, Crocetti, E. (2026, May). *Sleep Health as a Resource for Thriving in Multicultural Societies: Identity Development and Intergroup Contact among Italian and Immigrant Youth*. Article published on the EARA Newsletter for the Special Issue "Adolescent thriving in multicultural societies: Individual and socio-contextual factors supporting positive development of diverse youth".
- Bacaro, V.**, Andreose, A., Grimaldi, M., Natale, V., Tonetti, L., & Crocetti, E. (2023, November). The Association Between Sleep Patterns, Educational Identity, and School Performance in Adolescents. Emerging scholar spotlight article published on the European Association of Research on Adolescence (EARA) website. <https://www.earaonline.org/young-scholars/emerging-scholar-spotlight/>

Updated on 07/10/2026