**Curriculum vitae Valeria Bacaro, Ph.D**

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| **Personal information** |

**Name** Valeria

**Surname** Bacaro

**Date of birth** 16.04.1993

**Place of birth** Rome, Italy

**Nationality** Italian

**E-mail** valeria.bacaro2@unibo.it

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| **Academic positions** |
| **09/2021 – in progress** | **Postdoctoral Research Fellow**Alma Mater Studiorum University of Bologna, Department of PsychologySupervisor: Prof. Elisabetta Crocetti |
| **03/2018 – 09/2021** | **PhD in “Human Sciences” XXXIII Cycle**University of Rome “Guglielmo Marconi” Supervisor: Prof. Chiara Baglioni |
| **04/2021 – 07/2021** | **Research fellowship as Clinical Psychologist** IRCCS Ospedale Pediatrico Bambino Gesù- UOC Clinical Neuropsychiatry of Children and Adolescents – RomeSupervisor: Dr. Deny Menghini |

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| **Academic education** |
| **01/2019 – 01/2022** | **Four-year postgraduate course in cognitive psychotherapy.****School of Cognitive Psychotherapy SRL Rome**Supervisor: Dr. Lorenza Isola; Dr. Antonella Rainone |
| **05/2019 – 05/2020** | **Advanced training course in Cognitive Behavioral Therapy for Insomnia (CBT-I)**University of Rome “Sapienza”Mark: Expert |
| **09/2015 – 07/2017** | **Master’s degree in “Applied Psychology to the context of Health, Work****and Juridical”**University of Rome “Sapienza”Mark: 110/110 cum laude; with the title of “Excellent study path”Thesis title “Sleep deprivation effects on eating behaviorin people with Binge Eating symptoms”Supervisor: Prof. Caterina Lombardo |
| **09/2013 – 07/2015** | **Bachelor’s Degree in Psychology and social processes** University of Rome “Sapienza”Mark: 108/110Thesis title: “The role of situations at work”Supervisor: Prof. Guido Alessandri |

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| **RESEARCH** |

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| **Fellowships in international and national institutions** |

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| **03/2019 – 08/2019****09/2018-09/2019** | **European Sleep Research Society Travel Grant – Short Term Fellowship 2019**Sleep and Emotion Laboratory of Professor Dieter Riemann at the University of Freiburg, GermanyFunded by: European Sleep Research Society (2.800 €)Supervisors: Prof. Chiara Baglioni; Prof. Dieter Riemann**Scientific visitor at University of Rome Sapienza**Laboratory of Psychology and Clinical Psychophysiology in the University of Rome “Sapienza” |

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| **Participation in research projects funded under competitive schemes** |

* **International**

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| **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 PsychologyPrincipal Investigator: Professor Elisabetta Crocetti. |
| **Participation in national research group** |

* **International**

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| **11/2021 – in progress** | **Team member of the research group Identità in interazione.**Alma Mater Studiorum University of Bologna, Department of PsychologyPrincipal Investigator: Professor Elisabetta Crocetti. |
| **Others:** |
| **2023** | Participation at: International EARA-EASP-EAPP meeting “Building Inclusive Identities”, Multidisciplinary RKTS (Research Knowledge Transfer Scheme). 18-22 September, University of Bologna, Italy. |
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| **Supervisions** |

* **Bachelor thesis**

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| **2019****2020** **2023*** **Master thesis**

**2022****2023** | Francesca FaréDiana SarcinaLucilla MarescaMario SossiAndrea PappacogliAlice PianaSara CuratiSonia StoppaSofia ZaccheriniFrancesca RanieriSofia PasiniAlessandra Tafuri |
| **Editorial Experiences** |

**Member of journal editorial boards**

Behavioral Sleep Medicine ***(2022*–*)***

**Guest editorship of special issues:**

# Bacaro, V., Vacca, Mc (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-)**

Eating and Weight Disorders-Studies on Anorexia Bulimia and Obesity

Nutrients

American Journal of Obstetrics and Gynecology

Journal of Sleep Research

Sleep Medicine Reviews

International Journal of Environmental Research and Public Health

Sleep Medicine

Scientific Reports

Behavioral Sleep Medicine

European Journal of Personality

International Journal of Adolescence and Youth

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| **Memberships and activities in scientific and professional societies** |

**National Scientific qualification as associate in the Italian higher education system**

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

**Professional of Psychologists (Albo degli Psicologi)**

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

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

 Member (2018-)

**European Sleep Research Society (ESRS)**

Member (2018-)

**European Insomnia Network (EIN)**

Member (2019-)

**European Association of Personality Psychology**

Member(2022-)

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| **SCIENTIFIC PUBLICATIONS[[1]](#footnote-2)** |

**Biometric indexes (Scopus,** October 16, 2023**)**

Articles = 28

Total citations = 314

H-index **= 8**

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| **Article in peer-reviewed journals1** |

* **International**

**2023**

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*, 101806. https://doi.org/10.1016/j.smrv.2023.101806 (IF: 10.5, Q1)

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> (IF: 9.9, Q1)

Tonetti, L., Andreose, A., **Bacaro, V**., Grimaldi, M., Natale, V., & Crocetti, E. (2023). External validity of the reduced Morningness–Eveningness Questionnaire for Children and Adolescents: an actigraphic study. *Journal of Sleep Research*, e13948. https://doi.org/10.1111/jsr.13948 (IF: 4.4, Q2)

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, 3179. https://doi.org/10.3390/nu15143179 (IF: 5.9, Q1).

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*, 101792. <https://doi.org/10.1016/j.smrv.2023.101792> (IF: 10.5, Q1).

**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 (Q2).

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 (Q2).

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*. <https://doi.org/10.1007/s40894-023-00204-0> (IF:4.7; Q1).

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> (Q2).

**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 (IF:3.3; Q3).

**2022**

Tonetti, L., Andreose, A., **Bacaro, V**., Grimaldi, M., Natale, V., & Crocetti, E. (2022). 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. (Q2).

**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> (IF: 4.4; Q2).

**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)

**2021**

**Bacaro, V.,** Curati, S., Baglioni, C. Validation study of the Italian version of the Sleep Hygiene Index. *Journal of Sleep Research.* <https://doi.org/10.1111/jsr.13445> (IF: 5.296; Q2)

Ballesio, A., **Bacaro, V.,** Vacca, M., Chirico, A., Lucidi, F., Riemann, D., ... & 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. (IF: 11.401; Q1)

**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> (Q3).

**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 (Q1).

Ballesio, A., Vacca, M., **Bacaro, V.,** Benazzi, A., De Bartolo, P., Alivernini, F., ... & Baglioni, C. (2021). 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 (IF: 3.980; Q1).

**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 (Q1).

**2020**

**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/fpsyt.2020.579107 (IF: 4.157; Q2).

**Bacaro, V.,** Feige, B., Benz, F., Johann, A. F., De Bartolo, P., Devoto, A., ... & 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(IF: 3.394; Q3).

Benz, F., Knoop, T., Ballesio, A., **Bacaro, V**., Johann, A. F., Rücker, G., ... & 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*, 101873. https://doi.org/10.1016/j.cpr.2020.101873 (IF: 12.792; Q1).

Baglioni, C., Bostanova, Z., **Bacaro, V.,** Benz, F., Hertenstein, E., Spiegelhalder, K., ... & 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 (IF: 4.242; Q1).

**Bacaro, V.,** Ballesio, A., Cerolini, S., Vacca, M., Poggiogalle, E., Donini, L. M., ... & 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 (IF: 2.288, Q3).

**Bacaro V,** Benz F, Pappaccogli A, De Bartolo P, Johann AF, 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,* https://doi.org/101284. 10.1016/j.smrv.2020.101284 (IF: 11.609; Q1).

**Bacaro V,** Benz F, Pappaccogli A, De Bartolo P, Johann AF, 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 (IF: 11.609; Q1).

**2019**

**Bacaro, V.;** Feige, B.; Ballesio, A.; De Bartolo, P.; Johann, A.F.; Buonanno, C.; Mancini, F.; Lombardo, C.; Riemann, D.; Baglioni, C. Considering sleep, mood, and stress in a family context: A preliminary study. *Clocks & Sleep* 2019, 1, 259-272. [https://doi.org/doi:10.3390/clockssleep1020022](https://doi.org/doi%3A10.3390/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. 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, 2021.

**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**

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

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| **International book chapters** |

**2022**

Gavriloff, D., **Bacaro, V.,** Schlarb, A., & Baglioni, C. (2022). Protocols for Sleep Initiation and Maintenance Problems in Paediatric Populations. *Cognitive‐Behavioural Therapy For Insomnia (CBT‐I) Across The Life Span: Guidelines and Clinical Protocols for Health Professionals*, 81-107.

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| **CONFERENCE PRESENTATIONS** |

* **International**

**Presentations at conferences**

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

**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]

**Bacaro, V.** (2022, October) *Insomnia prevalence around the world during*

*Covid-19: sex and age differences.* European Insomnia Network Annual Meeting (EIN) [Oral presentation]

**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.

**Bacaro, V.,** Chiabudini, M., Buonanno, 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.

**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.

* **National**

**Presentations at conferences**

**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* [Simposym]. Italian Association of Psychology (AIP) 30th National Congress, Padova, Italy.

**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.

**Bacaro, V.,** Feige, B., Ballesio, 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

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| **TEACHING AND LECTURES** |

* Workshop on the use of the actigraphs for research in adolescence. In: University of Rome “Sapienza”. 17/02/2023
* Lecturer for PhD Program. January, 19,23 2023: Systematic reviews: Validity and best practices (8 hours). PhD program in Psychology, University of Bologna, Italy.
* Teaching assistant in Social Psychology M-PSI/05 (11/2021-)
* Lecturer for the online course “Cognitive Behavioral Treatment for Insomnia”.

In: Association of Cognitive Psychology, School of Cognitive Psychotherapy.

Tutor of 4 hours of the lecture about sleep hygiene and clinical cases discussion.

05/2021

* **Third mission**

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.

Last update, October 16th 2023

1. \* For each publication indexed in Web of Science (WOS), the Impact Factor (IF) value for the year of publication of the article and the ranking according to Journal Citation Reports (<https://jcr.incites.thomsonreuters.com>) is indicated. For the most recent articles, reference is made to the IF of the last year available.

\*\* For the publications indexed only in Scopus, the ranking according to SCImago Journal Rank (<https://www.scimagojr.com>) relative to the year of publication of the contribution is indicated (in the case of recent publications, reference is made to the most recent quartile in order of time). [↑](#footnote-ref-2)