



## CHIARA BAGLIONI CURRICULUM VITAE ET STUDIORUM

### PERSONAL INFORMATION

*Name:* Chiara Baglioni

*Place and date of birth:* Rome, Italy, 14<sup>th</sup> July 1980

*Nationality:* Italian

*Family status:* Married with 2 children

### WORK CONTACTS

*Tel.:* +49 (0) 76127065970

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*Address:*

- Department of Human Sciences, University Guglielmo Marconi – Telematic. Via Plinio 44, 00193, Rome (Italy).
- Department of Psychiatry and Psychotherapy, Medical Faculty, University of Freiburg, Hauptstraße 6, 79104 Freiburg (Germany).

### CURRENT POSITION

Since May 2015: Associate Professor at the Faculty of Education Science of the University Guglielmo Marconi – Telematic - of Rome (Italy);

Since April 2009: Postdoctoral fellow (since 2017 with a temporary position for Principal Investigators of the German Research Society (Deutsche Forschungsgemeinschaft, DFG)) at the Department of Psychiatry and Psychotherapy, Medical Faculty, University of Freiburg (Germany).

### MAIN RESEARCH INTERESTS

- Sleep, depression and psychopathology.
- Insomnia: Aetiology, Personality aspects, Psychophysiology, Neurobiology, comorbidity with other mental disorders.
- Cognitive-Behavioural Treatment for Insomnia.
- Emotions, affective states and emotion regulation.
- Sleep of parents and children.
- Systematic reviews and meta-analyses on sleep psychopathology and psychological treatment for insomnia.

**EDUCATION**

- 2013 Post-graduate specialization school for Cognitive Psychotherapy (SPC) and final exam (30/30).
- 2008 PhD in "Cognitive Psychology, Psychophysiology and Personality" at the Department of Psychology of the "Sapienza" University of Rome (Italy). Title of the thesis: The role of emotional arousal in insomnia. Tutor: Prof. Caterina Lombardo; Co-tutor: Prof. Vilfredo De Pascalis; External tutor: Prof. Colin A. Espie. Evaluation commission: Prof. Oliviero Bruni, Prof. Alice Mado Proverbio, Prof. Sebastiano Bagnara.
- 2004 Graduation in Psychology, 110/110 cum laude, at the Faculty of Psychology of the "Sapienza" University of Rome (Italy). Course of studies in Clinical Psychology. Title of the thesis: Representation of insomnia: role and characteristics of the symptoms. Tutor: Prof. Caterina Lombardo; Co-tutor: Prof. Maria Casagrande.

**HABILITATIONS AND QUALIFICATIONS**

- 2014 Habilitation to the profession of Professor (II FASCIA) in Clinical Psychology. Abilitazione Nazionale Scientifica alle funzioni di Professore di seconda fascia nel settore concorsuale 11/E4 Psicologia Clinica e Dinamica.
- 2013 Qualification to the profession of Psychotherapist following the completion of the 4-years Post-graduate specialization school for Cognitive Psychotherapy (SPC), Rome (Italy). *Currently completing the procedure for the recognition of the title in Germany.*
- 2005 Qualification to the profession of Psychologist and inscription to the professional register of the Ordine degli Psicologi del Lazio (Italy), n. 16670.

**PARTECIPATION TO RESEARCH GROUPS**

- Since 2018 Supervision of the research activity in psychology within the PhD Programme in Humanistic Sciences of the University of Rome G. Marconi – Telematic (Italy).
- Since 2009 Sleep Laboratory of the University of Freiburg Medical Centre (Germany).
- 2005-2007 Sleep Laboratory of the University of Glasgow (Scotland, UK).
- 2004-2009 Sleep Laboratory of the Department of Psychology of the "Sapienza" University of Rome (Italy).

**MEMBERSHIP IN PROFESSIONAL SOCIETIES**

- Since 2019 Member of the scientific committee for basic and translational research of the Italian Association of Sleep Medicine (Associazione Italiana di Medicina del Sonno, AIMS).
- Since 2018 Member of the steering committee of the European Academy of Cognitive Behavior Therapy for Insomnia (CBT-I Academy).
- Since 2018: Italian Association of Sleep Medicine (Associazione Italiana di Medicina del Sonno, AIMS).
- Since 2014 Deutsche Gesellschaft für Schlafforschung und Schlafmedizin (DGSM).
- Since 2013 European Insomnia Network (EIN).
- Since 2008 European Sleep Research Society (ESRS).

**PROJECTS REVIEWS**

- 2015 Invited reviewer from the European Research Council (ERC) for the evaluation of an ERC Advanced Grant 2014 proposal."

## **MANUSCRIPT REVIEWS**

American Journal of Psychiatry; Behavioral Sleep Medicine; Depression and Anxiety; Frontiers Psychology; Industrial Health; International Journal of Chronic Obstructive Pulmonary Diseases; International Journal of Psychophysiology; JAMA Pediatrics; Journal of Affective Disorders; Journal of Cognitive and Behavioral Psychotherapies; Journal of Psychiatric Research; Journal of Sleep Disorders and Therapy; Journal of Sleep Research; Motivation and Emotion; PlosOne; Psychological Medicine; Psychology Research and Behavior Management; Scientific Reports; Sleep; Stress and Health; Sultan Qaboos University Medical Journal; The Journal of Positive Psychology.

**POST-DOCTORAL FOUNDED RESEARCH ACTIVITY**

| Year   | Research project   | The research project was selected for funding as research grant | Role                          | Funding  | Duration |
|--|--|---|-------------------------------|--|----------|
| 2017-2020  | <b>Emotion regulation in insomnia disorder.</b> The research project aims at evaluating emotion regulation differences in patients with insomnia and in good sleepers through: 1) A baseline ecological momentary assessment study of the bidirectional relationship between sleep and emotion regulatory processes. Both psychological and physiological outcomes will be measured; 2) Two laboratory studies aiming at evaluating emotion regulation strategies in response to negative film-clips; 3) A clinical trial. | Yes   | <b>Principal Investigator</b> | Deutsche Forschungsgemeinschaft, DFG: 328.770 Euro.  | 3 years  |
| 2017-2018  | <b>The effectiveness of cognitive and behavior therapies of insomnia for daytime symptoms: A systematic review and network meta-analysis</b>   | Yes   | <b>Principal Investigator</b> | Bundesministerium für Bildung und Forschung, BMBF. A post-doctoral research contract for 18 months + 3000 Euros for project's costs. | 1 year   |
| 2016-2017  | <b>Insomnia as predictor of mental disorders: A systematic review and meta-analysis</b>  | No  | Principal Investigator        | Department of Psychiatry and Psychotherapy of the University of Freiburg University Medical Centre                                   | 1 year   |
| <i>Maternity leave: 26th November 2016- 26th June 2017: University Guglielmo Marconi – Telematic – of Rome. 13th November 2016 – 31st August 2017: Department of Psychiatry and Psychotherapy of the University of Freiburg University Medical Centre.</i> |  |   |                               |  |          |
| 2014 - 2016  | <b>Sleep and mental disorders: A meta-analysis of polysomnographic research</b>  | No  | Principal Investigator        | Department of Psychiatry and Psychotherapy of the University of Freiburg University Medical Centre                                   | 2 years  |
| <i>Maternity leave: 26th June 2014- 3rd February 2015: Department of Psychiatry and Psychotherapy of the University of Freiburg University Medical Centre.</i>   |  |   |                               |  |          |
| 2013 - 2016  | <b>Perception of sleep in good sleepers and patients with insomnia</b>   | Yes   | Co-author                     | Deutsche Forschungsgemeinschaft, DFG   | 3 years  |

|             |  |     |                               |   |         |
|-------------|--|-----|-------------------------------|---|---------|
| 2012-2013   | <b>Complementary and alternative interventions for insomnia: A systematic review and network meta-analysis</b> | Yes | <b>Principal Investigator</b> | Bundesministerium für Bildung und Forschung, BMBF. A post-doctoral research contract for 12 months + 12.000 Euro for apprenticeship contracts+ 3000 Euro for project's costs. | 1 year  |
| 2010 - 2011 | <b>Insomnia as predictor of depression: A meta-analysis</b>  | No  | Principal Investigator        | Department of Psychiatry and Psychotherapy of the University of Freiburg University Medical Centre  | 1 year  |
| 2009 - 2011 | <b>The neurobiological bases of emotion processing in primary insomnia</b>                                     | Sì  | <b>Principal Investigator</b> | European Community: <b>Seventh Framework Program – Project People - Marie Curie Actions, IntraEuropean Fellowship-IEF-</b> Project N. 235321.                                 | 2 years |

#### ONGOING NON FOUNDED RESEARCH ACTIVITY

1. The relationship between daily sleep habits and positive and negative emotions in infants and toddlers: A preliminary study. V. Bacaro, A.F. Johann, B. Feige, A. Devoto, C. Lombardo, D. Riemann, P. De Bartolo, C. Baglioni.
2. Combined ACT and CBT-I therapy for insomnia disorder: A randomized controlled trial. A.F. Johann, F. Benz, M. Kuhn, B. Feige, D. Riemann, C. Nissen, E. Hertenstein, C. Baglioni.
3. Interventions for sleep during pregnancy: A systematic review. V. Bacaro, F. Benz, A. Pappaccogli, P. De Bartolo, B. Feige, A.F. Johann, L. Palagini, C. Lombardo, D. Riemann, C. Baglioni.
4. Sleep in Italian paediatric populations: A systematic review. V. Bacaro, C. Baglioni.
5. Sleep quality and emotional regulation in Italian professional football players. A. Ballesio, V. Bacaro, P. De Bartolo, C. Lombardo, C. Baglioni.
6. Sleep quality and work satisfaction in Italian mothers of children in early infancy. V. Bacaro, P. De Bartolo, C. Baglioni.

**TEACHING ACTIVITY***TEACHING ACTIVITY:*

- 2019 Teacher of the first **European course on Cognitive-Behaviour Treatment for Insomnia** at the Department of Psychiatry and Psychotherapy, Medical Faculty, University of Freiburg (Germany).
- Since 2018 Professor of **Health Psychology** (6 credits) of the Faculty of Educational Sciences, University Guglielmo Marconi – Telematic.
- Since 2018 Trainer of the course in high level formation in **cognitive-behavioral evaluation and treatment of insomnia (CBT-I)** at the Department of Psychology of the “Sapienza” University of Rome.
- Since 2017 Teacher of the Specialization School in Psychological Evaluation and Counselling at the Department of Psychology of the “Sapienza” University of Rome. Course on **sleep in early infancy and during pregnancy**.
- Since 2016 Professor of **Laboratory of Dynamic Psychology** (6 credits) of the Faculty of Educational Sciences, University Guglielmo Marconi – Telematic.
- Since 2015 Professor of **Dynamic Psychology** (12 credits) of the Faculty of Educational Sciences, University Guglielmo Marconi – Telematic.
- 2015-2016 Professor of **Social Psychology** (6 credits) of the Faculty of Educational Sciences, University Guglielmo Marconi – Telematic.
- Since 2014 Behavioural Sleep Medicine Course directed to professional of all countries involved in the diagnosis and treatment of sleep disorders at the Department of Psychiatry and Psychotherapy of the University of Freiburg (Germany).
- 2011-2016 Seminars on **sleep disorders** for bachelor students of the Faculties of Psychology and Medicine at the Department of Psychiatry and Psychotherapy of the University of Freiburg (Germany).

*LECTURES:*

- 2019 Lecture on **“Sleep, insomnia, emotion regulation and psychopathology”** at the Alpine Sleep Summer School direct to students, MD’s, PhD’s, technicians and other health and scientific professionals involved or interested in sleep medicine at the Civic Hospital of the Università della Svizzera Italiana (USI) in Lugano.
- 2015 Lecture on **“Sleep, sleep disorders and emotion”** at the Alpine Sleep Summer School direct to students, MD’s, PhD’s, technicians and other health and scientific professionals involved or interested in sleep medicine at the Civic Hospital of the Università della Svizzera Italiana (USI) in Lugano.
- 2014 Lecture on **Cognitive Behavior Therapy for Insomnia (CBT-I) applied to patients with mental disorders**. Course on Cognitive Behaviour Therapy applied to sleep disorders directed to psychologist, nurses and physicians organized by the Italian Association of Sleep Medicine (Associazione Italiana di Medicina del Sonno -AIMS) Pisa (Italia).
- 2008 Seminar on **“Early childhood and sleep quality”** of the academical-graduate-course of “Health Psychology in the life-span” held by Prof. Cristiano Violani.

**PHD PROGRAMMS:**

Since 2018 Member of the PhD Program in Humanistic Sciences at the University Guglielmo Marconi – Telematic.

**PHD STUDENTS:**

2018-2021 Valeria Bacaro: Sleep and maternity.

**RELATOR OF BACHELOR AND MASTER THESES:**

Since 2015 Supervisor of 50 bachelor theses in Dynamic and Social Psychology at the Faculty of Educational Sciences, University Guglielmo Marconi – Telematic.

Since 2015 Supervisor of 14 master theses in Theoretical Models and Research and Interventional Techniques in Dynamic Psychology at the Faculty of Educational Sciences, University Guglielmo Marconi – Telematic.

**SUPERVISION OF DOCTORAL AND GRADUATION THESES.**

Since 2009 Help in the supervision of Medical Doctoral Theses and Psychological bachelor and master Theses at the Sleep Laboratory of the University of Freiburg (Germany) on the following topics:

- Systematic reviews and meta-analyses on: 1) sleep quality in patients with sleep, mental and somatic disorders; 2) cognitive-behavior therapy for insomnia; 3) insomnia as a predictor of depression and mental disorders in general.
- Original studies comparing patients with insomnia disorder and healthy controls with respect to clinical indices (measured through medical screening, psychiatric interview, and interview on sleep disorders), sleep parameters (measured through polysomnography and sleep diaries), emotional processes (measured through fMRI or EEG or questionnaires), and cognitive processes (measured through fMRI or specific experimental procedures or questionnaires).

2005-2009 Help in the supervision of bachelor and master theses in Psychology at the Sleep Laboratory of the Department of Psychology at the “Sapienza” University of Rome.

**REVIEWER:**

2019 External reviewer of the Doctoral thesis on “Executive functions impairment and recovery in insomnia” del Dott. Andrea Ballesio. PhD Programme in Psychology and Cognitive Sciences, “Sapienza” University of Rome, Italy.

2017 External reviewer of the Doctoral thesis on “Cognitive and Behavioural modulators of Fatigue in patients with Fibromyalgia” of Dr. Mariana Fernandes. PhD programme in "Cognitive Social and Affective Neuroscience - CoSAN", “Sapienza” University of Rome, Italy.

2017 External reviewer of the Doctoral thesis on "Cognitive and perceptual aspects of sleep disorders: new diagnostic and therapeutic aspects" of Dr. Andrea Galbiati. PhD Programme in Philosophy and Sciences of Mind, University Vita-Salute San Raffaele, Miland, Italy.

**PROFESSIONAL DUTIES**

Since 2018: Member of the Ethical Committee of the University of Rome G. Marconi – Telematic.

Since 2017: Member of the High Quality Evaluation for the Bachelor Degree Course on Psychological Sciences and Techniques of the University of Rome G. Marconi – Telematic.

TEACHING CONTRACTS

- 2008 Contract of the Faculty of Psychology 2 of the "Sapienza" University of Rome (Italy) for assisting the Professors of the Faculty with the use of integrative online courses to the standard teaching activity.
- 2007 Contract of the Faculty of Psychology 1 of the "Sapienza" University of Rome (Italy) to teach in supporting online courses for students out of course. Elearning course on "Theory and techniques of Personality Tests".



**CLINICAL ACTIVITY**

- Since 2018 Member of Steering Committee of the *European Academy of Cognitive-Behavior Therapy for insomnia*.
- Since 2018 Organization and participation to the *European Academy of Cognitive-Behavior Therapy for Insomnia*.
- 2012-2014 Clinical counselling for mental disorders directed to italians residents in Freiburg at the Department of Psychiatry and Psychotherapy of the University of Freiburg (Germany).
- 2009-2013 Online clinical counselling for insomnia disorder comorbid with anxiety and depression. Practical training for the specialization school in Cognitive Psychotherapy (SPC, Rome). Affiliation: University Hospital Sant'Andrea, Rome, Italy and Sleep Laboratory of the Department of Psychology of the "Sapienza" University of Rome, Italy (supervised by Prof. Caterina Lombardo).
- 2009-2012 Clinical interviews for mental disorders to potential research participants at the Department of Psychiatry and Psychotherapy of the University of Freiburg (Germany).
- 2004-2009 Training in cognitive-behavior therapy for insomnia (CBT-I) at the Sleep Laboratory of the Department of Psychology of the "Sapienza" University of Rome, Italy (supervised by Prof. Caterina Lombardo, Prof. Cristiano Violani, Dr. Alessandra Devoto).

**SPECIALIZING POST-GRADUATE RESEARCH AND CLINICAL COURSES**

- 2016 9th-11th June: Course on Meta-Analysis of the Master in Medical Biometry and Biostatistics of the University of Heidelberg (Germany).
- 2010 2nd-6th July: Final Symposium with examination of the training course in Sleep Medicine and Sleep Research of the European Sleep Research Society (ESRS) placed in Kloster Seeon (Germany).
- 2010 9th April-7th May: Online course Introduction to meta-analysis held by Dr. Michael Borenstein, Biostat, Inc, New Jersey (USA).
- 2010 22nd-27th March: Course on Funktionelle Kernspintomographie in der Psychogischen Forschung at the Bender Institute of Neuroimaging of the Justus-Liebig Universität Giessen (Germany).
- 2007 12th-18th November: 1st training course in Sleep Medicine and Sleep Research of the European Sleep Research Society (ESRS). Practical part. The course was supervised by Prof. T. Wetter and placed at the Max PlanK Institut für Psychiatrie, München (Germany).
- 2007 3rd-6th October: 5th ESRS course on Hot Topics and Sleep research, Barcelona (Spain).
- 2007 19th-21st July: 1st training course in Sleep Medicine and Sleep Research of the European Sleep Research Society (ESRS). Theoretical part. Bertinoro (Italy).
- 2007 26th-27th April: Masterclass in Cognitive Behaviour Therapy for Insomnia, held by Prof. Colin A. Espie, at the Sleep Laboratory of the University of Glasgow (Scotland, UK).
- 2005-2006 October-January: Classes of the Doctorate in Clinical Psychology of the University of Glasgow (Scotland, UK).
- 2004-2005 September-March: Post-graduate practical training in General Psychology at the Sleep Laboratory of the Department of Psychology, University of Rome "La Sapienza", Rome (Italy).
- 2004 March-September: Post-graduate practical training in Clinical Psychology at the Sleep Laboratory of the Department of Psychology, University of Rome "La Sapienza", Rome (Italy).

**OTHER COMPETENCES**

## LANGUAGES

- Italian** Mothertongue
- English** Excellent knowledge of the written and the spoken language.
- German** Excellent knowledge of the written and the spoken language.
- Spanish** Very good knowledge of the written and the spoken language.

## TECHNIQUES

- Instruments** Facial Electromyography (basic knowledge); Reading of a polisomnographic report (basic knowledge); Functional Magnetic Risonance Imaging (basic knowledge).
- Softwares** Statistical: SPSS; STATISTICA; COMPREHENSIVE META-ANALYSIS.  
Generical: Windows XP, Office 2000, Word, Excel, Power Point, Outlook Express, Photoshop; Gimp. Basic knowledge of R.

**PRIZES**

- 2014 Prize of 6.500 Euro of the German Society for Sleep Research and Sleep Medicine for the promotion of research in sleep medicine and sleep research supported by "Firma Weinmann" (Deutsche Gesellschaft für Schlafforschung und Schlafmedizin - DGSM) - Nachwuchsförderpreis Schlafforschung 2014.
- 2014 Travel Grant to participate to the XXII European Sleep Research Congress (Tallin, Estonia, 16th-20th September) of 500 Euro. The prize was not taken because in maternity leave.
- 2011 Prize of the School for Cognitive Psychotherapy (Scuola di Psicoterapia Cognitiva, SPC, Rome, Italy) for the best oral presentation at the Annual Forum for Cognitive Psychotherapy (Assisi, 14-16 October 2011). Title of the presentation: Efficacy of intervention programs for externalizing disorders in developmental age: A meta-analysis (C. Baglioni, G. Battagliese, V. Cardi, S. Carlucci, O.I. Luppino, A. Mancini, S. Marianelli, L. Smimmo, and C. Buonanno).
- 2011 German Ministry of Education and Research (BMBF) Grant of 10.000 Euro. Co-investigator in the research project presented by Dr. Kai Spiegelhalder about OPEN: The online portal for restorative sleep.
- 2010 Sanofi-Aventis Research Grant of 15.000 Euro, Co-investigator in the research project presented by Dr. Kai Spiegelhalder about Nocturnal sleep-related attentional bias and attentional bias manipulation in the bedroom environment of patients with sleep-maintenance insomnia.
- 2010 Travel Grant to participate to the Congress of the German Sleep Research and Sleep Medicine Society (Deutsche Gesellschaft für Schlafforschung und Schlafmedizin) that took place in 2011 in Mannheim (Germany) of 500 Euro.
- 2010 Travel Grant to participate to the XX European Sleep Research Congress (Lisbon, Portugal, 14th-19th September) of 500 Euro.
- 2008 Travel Grant to participate to the XIX European Sleep Research Congress (Glasgow, Scotland, UK, 9th-13th September) of 500 Euro.
- 2007 Prize of the European Sleep Research Society for presenting at the International Congress of Sleep Medicine placed at Barcelona (Spain). The prize consisted in the oral presentation of the study: The role of emotional arousal in insomnia: a preliminary investigation (C. Baglioni, C. Lombardo, C.A. Espie, E. Bux, S. Hansen, C. Salveta, C. Violani).
- 2005 Winner of the Poster Section for Young Researchers at the Italian Association of Psychology (AIP) Congress placed at Cagliari (Italy). Study: Arousal and Arousability in a group of young adults with insomnia and in a control group (L.R. Petrucci, C. Baglioni, A. Devoto).

**PARTECIPATION AT SCIENTIFIC CONGRESSES AS PRESENTING AUTHOR***AS PROMOTER OF SYMPOSIA:*

**2017** May. Symposium: *Sleep quality and psychopathology. Rome Workshop on Experimental Psychopathology*, Rome (Italy).

**2012** September. Symposium: *Sleep, Insomnia and Emotion. 21<sup>st</sup> Congress of the European Sleep Research Society (ESRS)*, Paris (France).

*AS MEMBER OF SCIENTIFIC COMMITTEE:*

**2017** May. Rome Workshop on Experimental Psychopathology 2017, Rome (Italy).

*AS INVITED SPEAKER:*

**2018** October. **C. Baglioni**. Cognitive Behavior Therapy for Insomnia (CBT-I) for comorbid insomnia. XXVIII Congress of the Italian Society of Sleep Medicine (AIMS), Taormina (Italy).

**2018** September. **C. Baglioni**. The European Academy for CBT-I - an interim report. 24<sup>th</sup> Congress of the European Sleep Research Society (ESRS), Basel, Switzerland.

**2018** June. **C. Baglioni**. Insomnia and depression: a clinical focus. Pisa Sleep Award 2018 (Italy).

**2016** September. **C. Baglioni**. *The link between disturbed sleep, emotional reactivity and mental disorder*. 23<sup>rd</sup> Congress of the European Sleep Research Society (ESRS). Bologna (Italy).

**2014** November. **C. Baglioni**. *Insomnia, emozioni e depressione*. IV Congresso Nazionale dell'Associazione Italiana di Medicina del Sonno (AIMS). Pisa (Italy).

**2013** October. **C. Baglioni**, K. Spiegelhalter, B. Feige, C. Nissen, D. Riemann. *Is treatment of insomnia an opportunity for prevention of psychiatric disorders?* 21<sup>st</sup> Congress of the German Sleep Research and Sleep Medicine Society (Deutsche Gesellschaft für Schlafforschung und Schlafmedizin). Wiesbaden (Germany).

**2013** October. **C. Baglioni**, K. Spiegelhalter, C. Lombardo, B. Feige, C. Nissen, D. Riemann. *Sleep and Emotions – Insomnia*. 21<sup>st</sup> Congress of the German Sleep Research and Sleep Medicine Society (Deutsche Gesellschaft für Schlafforschung und Schlafmedizin). Wiesbaden (Germany).

**2013** February. **C. Baglioni**. *Emotional reactivity in primary insomnia*. International Congress on Pain and Sleep, Notwil (Svizzera): *congress was canceled*.

**2012** September. **C. Baglioni**, K. Spiegelhalter, W. Regen, B. Feige, C. Lombardo, C. Nissen, C. Violani, D. Riemann. *Emotional reactivity to sleep-related stimuli in patients with primary insomnia*. 16<sup>th</sup> Congress of Psychophysiology of the International Organization of Psychophysiology, Pisa (Italy).

**2012** May. **C. Baglioni**, K. Spiegelhalter, W. Regen, B. Feige, C. Nissen, D. Riemann. *Emotional dysregulation in insomnia: a possible mediating factor in the relationship between insomnia and depression*. 1<sup>st</sup> Congress of the European Society for Cognitive and Affective Neuroscience, Marseille (France).

**2011** September. **C. Baglioni**. *Insomnia as a clinical predictor of depression: The possible mediating role of emotionality*. 25<sup>th</sup> Annual Conference of the European Health Psychology Society (EHPS). Hersonissos (Crete, Greece).

**2010** October. **C. Baglioni**, K. Spiegelhalter, C. Lombardo, B. Feige, C. Violani, D. Riemann. *Neurobiological correlates of emotional processes in primary insomnia*. 18<sup>th</sup> Congress of the German Sleep Research and Sleep Medicine Society (Deutsche Gesellschaft für Schlafforschung und Schlafmedizin). Bremen (Germany).

**2010** May. **C. Baglioni**. *Emotional reactivity and Insomnia*. XV Congresso Annuale della Società Italiana di Ricerca sul Sonno (SIRS), Rome (Italy).

**2009** October. **C. Baglioni**. *Emotions in Insomnia*. Seminars of the Sleep Clinic of the University of Regensburg (Germany).

*ORAL PRESENTATIONS:*

**2018** September: **C. Baglioni**. The European Academy for CBT-I – an interim report. 24th Congress of the European Sleep Research Society (ESRS), Basel (Switzerland).

**2014** September: **C. Baglioni**, S. Nanovska, W. Regen, K. Spiegelhalder, B. Feige, C. Nissen, C.F. Reynolds III, D. Riemann. Sleep and psychiatric disorders: A meta-analysis of the last 20 years of research. 22nd Congress of the European Sleep Research Society (ESRS). Tallin (Estonia).

**2010** October: **C. Baglioni**, G. Battagliese, B. Feige, K. Spiegelhalder, C. Nissen, U. Voderholzer, C. Lombardo, D. Riemann. Insomnia is a predictor of depression: A meta-analytic evaluation of longitudinal epidemiological studies. 18th Congress of the German Society of Sleep Medicine and Sleep Research (Deutsche Gesellschaft für Schlafforschung und Schlafmedizin). Bremen (Germany).

**2010** September: **C. Baglioni**, K. Spiegelhalder, C. Lombardo, B. Feige, C. Violani, D. Riemann. Neurobiological correlates of emotional processes in primary insomnia. XX European Sleep Research Congress, Lisbon (Portugal).

**2010** September. **C. Baglioni**, G. Battagliese, B. Feige, K. Spiegelhalder, C. Nissen, U. Voderholzer, C. Lombardo, D. Riemann. Insomnia is a predictor of depression: A meta-analytic evaluation of longitudinal epidemiological studies. XX European Sleep Research Congress, Lisbon (Portugal).

**2009** September: **C. Baglioni**, C. Lombardo, A. Devoto, F. Lucidi, C. Violani. Health problems and E-Health Solutions: The use of electronic sleep diaries in the assessment and treatment of insomnia. E-Health in Psychotherapy and Psychiatry, Congress organized by the University of Zürich in Rom (Italy).

**2009** March: **C. Lombardo**, C. Baglioni, G. Battagliese, C. Violani, R. Frost. Relationship between Insomnia, Depression and Perfectionism. Il Perfezionismo come fattore di rischio per il disagio mentale, Congress organized by the Department of Psychology at the University of Rome “La Sapienza” (Italy).

**2008** October: **C. Baglioni**, C. Lombardo, C.A. Espie, S. Biello, C. Violani. Il ruolo dell'emozionalità di tratto e di stato nell'insonnia. XIII Annual Meeting of the Italian Society of Sleep Research (SIRS), Trieste (Italy).

**2007** October. **C. Baglioni**, C. Lombardo, C.A. Espie, E. Bux, S. Hansen, C. Salveta, C. Violani. Il ruolo dell'arousal emozionale nell'insonnia misurato attraverso elettromiografia facciale. XII Annual Meeting of the Italian Society of Sleep Research (SIRS), Firenze (Italy).

**2007** October. **C. Baglioni**, C. Lombardo, C.A. Espie, E. Bux, S. Hansen, C. Salveta, C. Violani. The role of emotional arousal in insomnia: a preliminary investigation. International Congress of Sleep Medicine (AIPS-ESRS), Barcelona (Spain).

**2005** September. C. Lombardo, **C. Baglioni**, A. Devoto, P.M. Russo, F. Lucidi, C. Violani. Quale rappresentazione sintomatologia riporta l'insonne nel primo colloquio clinico? Italian Association of Health Psychology Congress, Napoli (Italy).

*POSTER PRESENTATION:*

- 2018** September. V. Bacaro, S. Nesi, A. F. Johann, A. Devoto, C. Lombardo, P. De Bartolo, **C. Baglioni**. The relationship between sleep habits and positive and negative emotions in infants and toddlers: a preliminary study. 24th Congress of the European Sleep Research Society (ESRS), Basel (Switzerland).
- 2018** September. **C. Baglioni**, Z. Bostanova, F. Benz, E. Hertenstein, G. Rücker, I. Shara, M. Pinger, F. Weiss, K. Spiegelhalder, B. Feige, D. Riemann. A systematic review and network meta-analysis of complementary and alternative interventions for insomnia. 24th Congress of the European Sleep Research Society (ESRS), Basel (Switzerland).
- 2018** September. E. Hertenstein, B. Feige, T. Gmeiner, C. Kienzler, K. Spiegelhalder, A. F. Johann, M. Jansson-Fröjmark, L. Palagini, G. Rücker, D. Riemann, **C. Baglioni**. Insomnia disorder as a predictor of mental disorders and pain: a systematic review and meta-analysis. 24th Congress of the European Sleep Research Society (ESRS), Basel (Switzerland).
- 2018** September. F. Benz, T. Knopp, A. Ballesio, V. Bacaro, A. F. Johann, G. Rücker, B. Feige, D. Riemann, **C. Baglioni**. The efficacy of cognitive and behaviour therapies for insomnia on daytime symptoms: A systematic review and network meta-analysis. 24th Congress of the European Sleep Research Society (ESRS), Basel (Switzerland).
- 2016** September. V. Saruis, M. Chiabudini, M. Manconi, B. Feige, D. Riemann, A.M. Paoletti, G.B. Melis, **C. Baglioni**. Insomnia during the last month of pregnancy predicts post-partum depression. 23rd Congress of the European Sleep Research Society (ESRS), Bologna (Italy).
- 2012** September. **C. Baglioni**, G. Battagliese, F. D'Elia, D. Riemann, C. Lombardo, C. Violani. Effects of an internet-based cognitive behaviour treatment for insomnia: preliminary results. 21st Congress of the European Sleep Research Society (ESRS), Paris (France).
- 2011** September: G. Battagliese, **C. Baglioni**, F.D'Elia, D. Riemann, C. Violani, C. Lombardo. Effects of an Internet-based cognitive behaviour treatment for insomnia on self-report of emotional states. Preliminary results. 25th Annual Conference of the European Health Psychology Society (EHPS), Hersonnissos, Crete, Greece.
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**LIST OF PUBLICATIONS**

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**ARTICLES PUBLISHED ON PEER-REVIEWED JOURNALS**

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#### BOOK CHAPTERS:

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