

**FORMATO EUROPEO
PER IL CURRICULUM
VITAE**



INFORMAZIONI PERSONALI

Nome

Indirizzo

Telefono

Fax

E-mail

Nazionalità

italiana

Data di nascita

ESPERIENZA LAVORATIVA

• Date (da – a)

Nell'attualità : assistente medico psichiatra presso l'Istituto Scientifico Universitario Ospedale San Raffaele
Dal gennaio 2009 al luglio 2018 : Consulente Psichiatra presso l'Istituto Scientifico Universitario Ospedale San Raffaele
Dall'agosto 2018: Medico Psichiatra in Organico presso l'Istituto Scientifico Universitario Ospedale San Raffaele, reparto Psichiatria Generale
A partire dall'AA 2004-2005: Collaborazione come esercitatore per il corso "Psichiatria e Psicologia Clinica" tenuto dal Prof. E. Smeraldi, Università Vita-Salute San Raffaele, Facoltà di Medicina e Chirurgia
AA 2007-2009: Collaborazione con lezioni frontali ed esercitazioni per il corso "Genetica e Biologia dello Sviluppo", Prof M.Bianchi, Prof. E.Smeraldi, Università Vita-Salute San Raffaele, Facoltà di Medicina e Chirurgia
Dall' AA 2008-2009: Docenza presso Master in Psicofarmacologia Clinica, Università Vita-Salute San Raffaele, Facoltà di Medicina e Chirurgia
Marzo 2009: Docenza presso Master Universitario biennale di II livello in: "Psico-oncologia" – A.A. 2007-2009", Università degli Studi di Torino, Facoltà di Medicina e Chirurgia
Marzo-Settembre 2009: Docenza presso il corso "Il dialogo tra Medici di Medicina Generale e Specialisti in Psichiatria", Prof. E.Smeraldi, Dipartimento Neuroscienze Cliniche Ospedale San Raffaele-Turro
Dall' AA 2012-2013 all'AA 2016-2017 : Professore a Contratto a titolo gratuito presso la Scuola di Specializzazione in Psichiatria dell' Università Vita-Salute San Raffaele
AA 2018-2019; AA 2019-2020; AA 2020-2021: Esercitatore presso il Corso di Laurea magistrale Psicologia Clinica , Insegnamento Clinica Psichiatrica

• Nome e indirizzo del datore di lavoro

• Tipo di azienda o settore

• Tipo di impiego

• Principali mansioni e responsabilità

ISTRUZIONE E FORMAZIONE

• Date (da – a)

Ottobre 2008: ottenimento della specializzazione in Psichiatria presso l'Università Vita-Salute

Milano

Marzo 2005: Iscrizione all' OMCEO di Milano

Luglio 2004: Ottenimento Laurea in Medicina e Chirurgia (110/110 e lode) presso l'Università Vita-Salute Milano

A.A. 2002/2003 : frequenza e conseguimento dell'attestato al Corso del Fondo Sociale Europeo "Tecniche psicometriche nella pratica clinica", svoltosi presso l'Università Vita-Salute San Raffaele .

Luglio 1998: Ottenimento Diploma di Liceo Scientifico (60/60) presso Liceo Scientifico Statale Paolo Frisi, Monza

- Nome e tipo di istituto di istruzione o formazione
 - Principali materie / abilità professionali oggetto dello studio
 - Qualifica conseguita
 - Livello nella classificazione nazionale (se pertinente)

CAPACITÀ E COMPETENZE

PERSONALI

Acquisite nel corso della vita e della carriera ma non necessariamente riconosciute da certificati e diplomi ufficiali.

MADRELINGUA

ITALIANO

ALTRE LINGUA

INGLESE: CAPACITÀ DI LETTURA, SCRITTURA ED ESPRESSIONE ORALE DI LIVELLO BUONO
FRANCESE: CAPACITÀ DI LETTURA, SCRITTURA ED ESPRESSIONE ORALE DI LIVELLO BUONO

- Capacità di lettura
- Capacità di scrittura
- Capacità di espressione orale

CAPACITÀ E COMPETENZE RELAZIONALI

Vivere e lavorare con altre persone, in ambiente multiculturale, occupando posti in cui la comunicazione è importante e in situazioni in cui è essenziale lavorare in squadra (ad es. cultura e sport), ecc.

CAPACITÀ DI LAVORARE IN UN'EQUIPE MULTIDISCIPLINARE ACCANTO AD ALTRI MEDICI, INFERMIERI, EDUCATORI PROFESSIONALI E PSICOLOGI COORDINANDO IL LAVORO DELLE ALTRE FIGURE PROFESSIONALI CON LO SCOPO DI DARE AL PAZIENTE LA MIGLIORE TERAPIA POSSIBILE.
CAPACITÀ DI LAVORARE IN TEAM ANCHE INTERNAZIONALI PER LA PROGETTAZIONE E LO SVOLGIMENTO DI PROGETTI SCIENTIFICI.

CAPACITÀ E COMPETENZE ORGANIZZATIVE

Ad es. coordinamento e amministrazione di persone, progetti, bilanci; sul posto di lavoro, in attività di volontariato (ad es. cultura e sport), a casa, ecc.

CAPACITÀ DI GESTIONE DI STUDENTI UNIVERSITARI E MASTERIZZANDI SIA IN PICCOLI GRUPPI CHE IN CLASSI INTERE.

CAPACITÀ DI COORDINAMENTO DI TESI DI LAUREA

CAPACITÀ DI GESTIRE LA RACCOLTA E L'ANALISI DI DATI CLINICI IN AMBITO PSICHIATRICO
MADRE LAVORATRICE DI DUE FIGLI

CAPACITÀ E COMPETENZE TECNICHE

Con computer, attrezzature specifiche, macchinari, ecc.

BUONA CAPACITÀ DI UTILIZZO PROGRAMMI WORD, POWER POINT, ACCES, STATISTICA, EXCELL
CAPACITÀ DI ANALISI DATI DI REGISTRAZIONI ACTIGRAFICHE

CAPACITÀ E COMPETENZE ARTISTICHE

Musica, scrittura, disegno ecc.

[Descrivere tali competenze e indicare dove sono state acquisite.]

ALTRE CAPACITÀ E COMPETENZE

Competenze non precedentemente indicate.

CAPACITÀ BUONE DI STESURA COMPLETA DI PUBBLICAZIONI SCIENTIFICHE IN LINGUA ITALIANA E INGLESE (ARTICOLI ORIGINALI, REVIEW, CAPITOLI DI LIBRI) –VEDERE ALLEGATO PUBBLICAZIONI- **H- INDEX 26**

CAPACITÀ DI REFERAGGIO DI ARTICOLI SCIENTIFICI.

PATENTE O PATENTI

ULTERIORI INFORMAZIONI

[Inserire qui ogni altra informazione pertinente, ad esempio persone di riferimento, referenze ecc.]

ALLEGATI

ALLEGATO 1, PUBBLICAZIONI SCIENTIFICHE

Ai sensi del D.Lgs 196/03, il sottoscritto autorizza il destinatario del presente CV a trattare in esso i dati in esso contenuti limitatamente alla gestione e selezione del personale.
Il sottoscritto è a conoscenza che ai sensi dell'art. 76 del DPR 445/2000,

le dichiarazioni mendaci, la falsità negli atti e l'uso di atti falsi sono puniti ai sensi del codice penale e delle leggi speciali.

DATA...30.04.2021

1. Benedetti F, Barbini B, Cigala Fulgosi M, Colombo C, Dallspezia S, Pontiggia A, Smeraldi E. Combined Total Sleep Deprivation and Light Therapy in the Treatment of Drug-Resistant Bipolar Depression: Acute Response and Long-Term Remission Rates. *J Clin Psychiatry* 2005 Dec;66(12):1535-1540.
2. Benedetti F, Dallspezia S, Fulgosi MC, Lorenzi C, Serretti A, Barbini B, Colombo C, Smeraldi E. Actimetric evidence that CLOCK 3111 T/C SNP influences sleep and activity patterns in patients affected by bipolar depression. *Am J Med Genet B Neuropsychiatr Genet.* 2007 Jul 5;144B(5):631-5.
3. Benedetti F, Radaelli D, Bernasconi A, Dallspezia S, Falini A, Scotti G, Lorenzi C, Colombo C, Smeraldi E. Clock genes beyond the clock: CLOCK genotype biases neural correlates of moral valence decision in depressed patients. *Genes Brain Behav.* 2007 *Genes Brain and Behaviour*, 7(1):20-5.
4. Benedetti F, Dallspezia S, Cigala Fulgosi M, Barbini B, Colombo C, Smeraldi E (2007) Phase advance is an actimetric correlate of antidepressant response to sleep deprivation and light therapy in bipolar depression. *Chronobiology International*, 24(5):921-37
5. Benedetti F, Barbini B, Bernasconi A, Cigala Fulgosi M, Campori E, Colombo C, Dallspezia S, Lorenzi C, Pontiggia A, Radaelli D, Smeraldi E (2008). Lithium overcomes the influence of 5-HTTLPR gene polymorphism on antidepressant response to sleep deprivation. *Journal of Clinical Psychopharmacology*, 28(2):249-51
6. Benedetti F, Dallspezia S, Colombo C, Pirovano A, Marino E, Smeraldi E. A length polymorphism in the circadian clock gene Per3 influences age at onset of bipolar disorder. 2008 *Neuroscience Letters*, 445(2):184-7
7. Benedetti F, Barbini B, Bernasconi A, Cigala Fulgosi M, Colombo C, Dallspezia S, Gavinelli C, Marino E, Pirovano A, Radaelli D, Smeraldi E Serotonin 5-HT2A receptor gene variants influence antidepressant response to repeated total sleep deprivation in bipolar depression. (2008) *Progress in Neuro-Psychopharmacology and Biological Psychiatry*, 32:1833-1866.
8. Benedetti F, Bernasconi A, Bosia M, Cavallaro R, Dallspezia S, Falini A, Poletti S, Radaelli D, Riccaboni R, Scotti G, Smeraldi E. Functional and structural brain correlates of theory of mind and empathy deficits in schizophrenia. *Schizophr Res.* 2009 Oct;114(1-3):154-60.
9. Benedetti F, Calabrese G, Bernasconi A, Cadioli M, Colombo C, Dallspezia S, Falini A, Radaelli D, Scotti G, Smeraldi E. Spectroscopic correlate of antidepressant response to sleep deprivation and light therapy: a 3.0 T study of bipolar depression. *Psychiatry Res.* 2009 Sep 30;173(3):238-42
10. Dallspezia S, Benedetti F. Melatonin, circadian rhythms, and the clock genes in bipolar disorder. *Curr Psychiatry Rep.* 2009 Dec;11(6):488-93.

11. Benedetti F, Radaelli D, Bernasconi A, Dallaspezia S, Colombo C, Smeraldi E. Changes in medial prefrontal cortex neural responses parallel successful antidepressant combination of venlafaxine and light therapy. *Arch Ital Biol.* 2009 Sep;147(3):83-93
12. Benedetti F, Barbini B, Bernasconi A, Fulgosi MC, Dallaspezia S, Gavinelli C, Locatelli C, Lorenzi C, Pirovano A, Radaelli D, Smeraldi E, Colombo C. Acute antidepressant response to sleep deprivation combined with light therapy is influenced by the catechol-O-methyltransferase Val(108/158)Met polymorphism. *J Affect Disord.* 2010 Feb;121(1-2):68-72.
13. Benedetti F, Poletti S, Radaelli D, Bernasconi A, Cavallaro R, Falini A, Lorenzi C, Pirovano A, Dallaspezia S, Locatelli C, Scotti G, Smeraldi E. Temporal lobe grey matter volume in schizophrenia is associated with a genetic polymorphism influencing glycogen synthase kinase 3-beta activity. 2010 Jun 1;9(4):365-71..
14. Benedetti F, Dallaspezia S, Colombo C, Lorenzi C, Pirovano A, Smeraldi E. Association between catechol-O-methyltransferase Val(108/158)Met polymorphism and psychotic features of bipolar disorder. *J Affect Disord.* 2010 Sep;125(1-3):341-4
15. Benedetti F, Radaelli D, Poletti S, Falini A., Cavallaro R, Dallaspezia S, Riccaboni R., Scotti G., Smeraldi E. Emotional reactivity in chronic schizophrenia: structural and functional brain correlates and the influence of adverse childhood experiences. *Psychol Med.* 2010 Jun 9:1-11.
16. Benedetti F, Dallaspezia S, Colombo C, Lorenzi C, Pirovano A, Smeraldi E. Effect of catechol-O-methyltransferase Val(108/158)Met polymorphism on antidepressant efficacy of fluvoxamine. *Eur Psychiatry.* 2010 Dec;25(8):476-8
17. Benedetti F, Yeh PH, Bellani M, Radaelli D, Nicoletti MA, Poletti S, Falini A, Dallaspezia S, Colombo C, Scotti G, Smeraldi E, Soares JC, Brambilla P. Disruption of White Matter Integrity in Bipolar Depression as a Possible Structural Marker of Illness.. *Biol Psychiatry.* 2011 Feb 15;69(4):309-17.
18. Benedetti F, Radaelli D, Poletti S, Locatelli C, Dallaspezia S, Lorenzi C, Pirovano A, Colombo C, Smeraldi E. Association of the C(-1019)G 5-HT1A promoter polymorphism with exposure to stressors preceding hospitalization for bipolar depression. *J Affect Disord.* 2011 Jul;132(1-2):297-300.
19. Dallaspezia S, Lorenzi C, Pirovano A, Colombo C, Smeraldi E, Benedetti F. Circadian clock gene Per3 variants influence the post-partum onset of bipolar disorder. *Eur Psychiatry.* 2011 Apr;26(3):138-40.
20. Benedetti F, Dallaspezia S, Locatelli C, Radaelli D, Poletti S, Lorenzi C, Pirovano A, Colombo C, Smeraldi E. Recurrence of bipolar mania is associated with catechol-O-methyltransferase Val(108/158)Met polymorphism. *J Affect Disord.* 2011 Jul;132(1-2):293-6.

21. Dallaspezia S, Benedetti F. Chronobiological Therapy for Mood Disorders Expert Review of Neurotherapeutics Expert Rev Neurother. 2011 Jul;11(7):961-70
22. Benedetti F, Absinta M, Rocca MA, Radaelli D, Poletti S, Bernasconi A, Dallaspezia S, Pagani E, Falini A, Copetti M, Colombo C, Comi G, Smeraldi E, Filippi M. Tract-specific white matter structural disruption in patients with bipolar disorder. *Bipolar Disord*. 2011 Jun;
23. Benedetti F, Dallaspezia S, Lorenzi C, Pirovano A, Radaelli D, Locatelli C, Poletti S, Colombo C, Smeraldi E. Gene-gene interaction of glycogen synthase kinase 3- β and serotonin transporter on human antidepressant response to sleep deprivation *J Affect Disord*. 2012 Feb;136(3):514-9.
24. Dallaspezia S, Benedetti F, Colombo C, Barbini B, Fulgosi MC, Gavinelli C, Smeraldi E. Optimized light therapy for non-seasonal major depressive disorder: effects of timing and season. *J Affect Disord*. 2012 May;138(3):337-42.
25. Radaelli D, Poletti S, Dallaspezia S, Colombo C, Smeraldi E, Benedetti F. Neural responses to emotional stimuli in comorbid borderline personality disorder and bipolar depression. *Psychiatry Res*. 2012 Jul 30;203(1):61-6.
26. Dallaspezia S, Poletti S, Lorenzi C, Pirovano A, Colombo C, Benedetti F. Influence of an interaction between lithium salts and a functional polymorphism in SLC1A2 on the history of illness in bipolar disorder. *Mol Diagn Ther*. 2012 Oct;16(5):303-9
27. Benedetti F, Giacosa C, Radaelli D, Poletti S, Pozzi E, Dallaspezia S, Falini A, Smeraldi E. Widespread changes of white matter microstructure in obsessive-compulsive disorder: Effect of drug status. *Eur Neuropsychopharmacol*. 2013 Jul;23(7):581-93.
28. Benedetti F, Riccaboni R, Locatelli C, Poletti S, Dallaspezia S, Colombo C. Rapid treatment response of suicidal symptoms to lithium, sleep deprivation, and light therapy (chronotherapeutics) in drug-resistant bipolar depression. *J Clin Psychiatry*. 2014 Feb;75(2):133-40
29. Different neural responses to a moral valence decision task in unipolar and bipolar depression. Radaelli D, Dallaspezia S, Poletti S, Smeraldi E, Falini A, Colombo C, Benedetti F. *ISRN Psychiatry*. 2013 Dec 17;2013:568617.
30. Dallaspezia S, Mazza M, Lorenzi C, Benedetti F, Smeraldi E. A single nucleotide polymorphism in SLC1A1 gene is associated with age of onset of obsessive-compulsive disorder. *Eur Psychiatry*. 2014 Jun;29(5):301-3.
31. Dallaspezia S, Benedetti F. Sleep Deprivation Therapy for Depression. *Curr Top Behav Neurosci*. 2015;25:483-502.
32. Dallaspezia S, Benedetti F. Chronobiology of Bipolar Disorder: Therapeutic Implication. *Curr Psychiatry Rep*. 2015 Aug;17(8):606.

33. Vai B, Poletti S, Radaelli D, Dallaspezia S, Bulgarelli C, Locatelli C, Bollettini I, Falini A, Colombo C, Smeraldi E, Benedetti F. Successful antidepressant chronotherapeutics enhance fronto-limbic neural responses and connectivity in bipolar depression. *Psychiatry Res.* 2015 Aug 30;233(2):243-53.
34. Benedetti F, Riccaboni R, Dallaspezia S, Locatelli C, Smeraldi E, Colombo C. Effects of CLOCK gene variants and early stress on hopelessness and suicide in bipolar depression. *Chronobiol Int.* 2015;32(8):1156-61
35. Dallaspezia S, Suzuki M, Benedetti F. Chronobiological Therapy for Mood Disorders. *Curr Psychiatry Rep.* 2015 Dec;17(12):95.
36. Dallaspezia S, Locatelli C, Lorenzi C, Pirovano A, Colombo C, Benedetti F. Sleep homeostatic pressure and PER3 VNTR gene polymorphism influence antidepressant response to sleep deprivation in bipolar depression. *J Affect Disord.* 2016 Mar 1;192:64-9.
37. Dallaspezia S, van Jaarsveld A. Antidepressant chronotherapeutics in a group of drug free outpatients. *Psychiatry Res.* 2016 Jul 30;241:118-21.
38. Benedetti F, Dallaspezia S. Improving outcome of bipolar disorder when considering glucose metabolism. *Evid Based Ment Health.* 2016 Aug;19(3):e15
39. Suzuki M, Dallaspezia S, Locatelli C, Uchiyama M, Colombo C, Benedetti F. Discrepancy between subjective and objective severity as a predictor of response to chronotherapeutics in bipolar depression. *J Affect Disord.* 2016 Nov 1;204:48-53
40. Bollettini I, Melloni EM, Aggio V, Poletti S, Lorenzi C, Pirovano A, Vai B, Dallaspezia S, Colombo C, Benedetti F. Clock genes associate with white matter integrity in depressed bipolar patients. *Chronobiol Int.* 2017;34(2):212-224
41. Boedhoe PS, Schmaal L, Abe Y, Ameis SH, Arnold PD, Batistuzzo MC, Benedetti F, Beucke JC, Bollettini I, Bose A, Brem S, Calvo A, Cheng Y, Cho KI, Dallaspezia S, Denys D, Fitzgerald KD, Fouche JP, Giménez M, Gruner P, Hanna GL, Hibar DP, Hoexter MQ, Hu H, Huyser C, Ikari K, Jahanshad N, Kathmann N, Kaufmann C, Koch K, Kwon JS, Lazaro L, Liu Y, Lochner C, Marsh R, Martínez-Zalacain I, Mataix-Cols D, Menchón JM, Minuzzi L, Nakamae T, Nakao T, Narayanaswamy JC, Piras F, Piras F, Pittenger C, Reddy YC, Sato JR, Simpson HB, Soreni N, Soriano-Mas C, Spalletta G, Stevens MC, Szeszko PR, Tolin DF, Venkatasubramanian G, Walitza S, Wang Z, van Wingen GA, Xu J, Xu X, Yun JY, Zhao Q; ENIGMA OCD Working Group, Thompson PM, Stein DJ, van den Heuvel OA. Distinct Subcortical Volume Alterations in Pediatric and Adult OCD: A Worldwide Meta- and Mega-Analysis. *Am J Psychiatry.* 2017 Jan 1;174(1):60-69.
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43. Poletti S, Aggio V, Brioschi S, Dallaspezia S, Colombo C, Benedetti F. Multidimensional cognitive impairment in unipolar and bipolar depression and the moderator effect of adverse childhood experiences. *Psychiatry Clin Neurosci.* 2017 May;71(5):309-317

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45. Benedetti F, Melloni EMT, Dallaspezia S, Bollettini I, Locatelli C, Poletti S, Colombo C. Night sleep influences white matter microstructure in bipolar depression. *J Affect Disord*. 2017 Aug 15;218:380-387
46. Bollettini I, Mazza MG, Muzzarelli L, Dallaspezia S, Poletti S, Vai B, Smeraldi E, Benedetti F. White matter alterations associate with onset symptom dimension in obsessive-compulsive disorder. *Psychiatry Clin Neurosci*. 2018 Jan;72(1)
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51. Benedetti F, Avery DH, Bauer M, Bunney WE, Çaliyurt O, Camardese G, Colombo C, Dallaspezia S, Henriksen TE, Kasper S, Kuriyama K, Lam RW, Martiny K, Meesters Y, Mishima K, Schulte R, Suzuki M, Świącicki Ł, Uchiyama M, Veale D, Winkler D, Wu J, Kupeli NY, Yoshiike T, Yu X. Evidence for the Efficacy of Bright Light Therapy for Bipolar Depression. *Am J Psychiatry*. 2018 Sep 1;175(9):905-906.
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- A, Nakamae T, Nakao T, Narayanaswamy JC, Nishida S, Nurmi EL, O'Neill J, Piacentini J, Piras F, Piras F, Reddy YCJ, Reess TJ, Sakai Y, Sato JR, Simpson HB, Soreni N, Soriano-Mas C, Spalletta G, Stevens MC, Szeszko PR, Tolin DF, van Wingen GA, Venkatasubramanian G, Walitza S, Wang Z, Yun JY; ENIGMA-OCD Working-Group, Thompson PM, Stein DJ, van den Heuvel OA, Twisk JWR. An Empirical Comparison of Meta- and Mega-Analysis With Data From the ENIGMA Obsessive-Compulsive Disorder Working Group. *Front Neuroinform.* 2019 Jan 8;12:102.
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