

Europass Curriculum Vitae

Personal information

First name / Surname **Lorenzo Fregna**

Address

Telephone(s)

E-mail

Nationality Italian

Date of birth

Gender Male

Desired employment / Occupational field

Psychiatrist, San Raffaele Hospital, Milan
Mood Disorders Unit (Director: prof Cristina Colombo)
Main fields of interest: Mood Disorders (Depressive Disorders, Bipolar Disorders), Obsessive-Compulsive Disorder, Anxiety Disorders (Generalized Anxiety Disorder, Panic Disorder, Agoraphobia, Specific Phobias, Social Phobia)

Adjunct Professor in Psychiatry, Vita-Salute San Raffaele University, Milan

PhD Student (Psychopathology and Mental Functioning: Research Methods in Forensic Psychiatry) at Sapienza University, Rome

Education and training

2008 Scientific high school degree (100/100), Liceo A. Roiti, Ferrara

2014 University of FERRARA
Department: MORFOLOGIA, CHIRURGIA e MEDICINA SPERIMENTALE
Medicine and Surgery
46/S - Class of second level degree in medicine and surgery
Dissertation/thesis title: *Sclerosi multipla: disturbi psichiatrici e aspetti neuropsicologici innovativi* (Multiple Sclerosis: psychiatric disorders and innovative neuropsychological aspects)| Thesis supervisor: Prof. GRANIERI ENRICO
Age at graduation: 24 | Official duration: 6 years
Final degree mark: 110/110 cum laude
Graduation date: 22/07/2014

2014 Three months attendance in psychiatric department (SPOI), Delta Hospital, Lago Santo, Ferrara

- 2015 05.02.2015: Passed Italian national boarding examination.
08.06.2015: *Goethe-Zertifikat* B2 (Bologna *Goethe-Institut*).
- 2019 Vita-Salute San Raffaele University
Specialization in Psychiatry
Thesis Title: *Uno studio polisomnografico in pazienti affetti da disturbi dell'umore* (A polysomnographic study in patients affected by mood disorders).
Thesis supervisor: Prof. Cristina Colombo.
Specialization date: 11/11/2019
Final degree mark: 70/70 cum laude
- 2019 Trainees Tutor
Forensic Psychopathology and Criminology Master
Vita-Salute San Raffaele University
(Chair: Prof. Cristina Colombo)
- 2020 Adjunct Professor in Psychiatry
Medicine and Surgery Course
Vita-Salute San Raffaele University, Milan
- Adjunct Professor in Psychiatry
School of specialization in Psychiatry
Vita-salute San Raffaele University, Milan
- Visiting Professor in Clinical Psychiatry
Criminology and Psychopathology Course, PSY 205 (Prof Guido Travaini/Prof. Cristina Colombo)
Franklin University Switzerland

Personal skills and competences

Mother tongue

Italian

English

German

French

Understanding		Speaking		Writing
Listening	Reading	Spoken interaction	Spoken production	
C1	C1	C1	C1	C1
B2	B2	B2	B2	B2
B1	B1	B1	B1	B1

Participation in Congresses

XLVI Congress of the Italian Neurological Society, Genoa, 10-13 October 2015

Congress Innopsy15 INNOVATION IN PSYCHIATRY, Milan, 5-6 November 2015

1° Conferenza nazionale associazione italiana per i Disturbi Bipolari (1st national conference of the Italian association for bipolar disorders). Brescia, 30-31 January 2018.

SCHIZOPHRENIA AND DEPRESSION behind and beyond the current clinical practice. Torino. 25-27 November 2019. Lecturer: "Non-pharmacological treatments in depression".

XXII National Congress SINPF (Neuropsychopharmacology Italian Association). Online. 27 – 29 January 2021. Lecturer: Focus on Bipolar Disorder Module I – The management of resistance in Bipolar Disorder.

SGPP Jahreskongress. Online. 25 – 27 August 2021. Lecturer: The time disease: Chrono-biological treatments in depression.

Sleep Medicine Master 8-9 October 2021. *Alma Mater Studiorum*. Director: Prof Luigi Ferini Strambi. Lecturer: Sleep Disorders in Psychiatry.

XXVI Corso Residenziale di Medicina del Sonno. 23-26 April 2022, Bertinoro, Centro Residenziale Universitario. Director: Prof Luigi Ferini Strambi. Lecturer: Sleep Disorders and Mood Disorders. Lecturer: Sleep disorders in psychopathology: the chronotherapeutics.

Sleep Medicine Master 4-5 November 2022. *Alma Mater Studiorum*. Director: Prof Luigi Ferini Strambi. Lecturer: Sleep Disorders in Psychiatry.

Poster

Worry in recently diagnosed multiple sclerosis patients: associations with depressive and anxiety symptoms and impact on quality of life.

P. Milani, L. Fregna, E. Baldi, L. Caniatti, E. Granieri, V. Tugnoli, D. Gragnaniello.

Alexithymia in recently diagnosed multiple sclerosis patients: correlations with depressive and anxiety symptoms and impact on quality of life.

P. Milani, L. Fregna, E. Baldi, L. Caniatti, E. Granieri, V. Tugnoli, D. Gragnaniello.

Suicidal behaviour in depressed inpatients affected by mood disorders.

Fregna L; Sarzetto A; Brioschi S; Prestifilippo D; Seghi F; Locatelli C; Barbini B; Colombo C.

Post-discharge suicide risk in patients affected by mood disorders

Fregna L; Sarzetto A; Brioschi S; Prestifilippo D; Seghi F; Locatelli C; Barbini B; Colombo C.

Light therapy with Coelux 45 lc artificial window in the treatment of depression: the experience at the mood disorder unit of Milan.

Brioschi S, Fregna L, Seghi F, Prestifilippo D, Locatelli C, Barbini B, Franchini L, Colombo C.

Exposure to Light therapy during the treatment of depression can improve quality of sleep

Prestifilippo D, Brioschi S, Fregna L, Seghi F, Locatelli C, Barbini B, Franchini L, Colombo C.

Il suicidio e la sua complessità: studio dei fattori che concorrono al rischio suicidario nel paziente depresso (Suicide and its complexity: a study about the factors associated with the suicide risk in the depressed patient). Brioschi S, Franchini L, Fregna L, Borroni S, Franzoni C, Fossati A, Colombo C.

Polysomnographic features of acute manic episode: an observational study. Sarzetto A, Biuso A, Rizzo Pesci N, Fregna L, Attanasio F, Cavallini MC, Colombo C. EPA 2020.

Sleep architecture changes following Total Sleep Deprivation: an exploratory study conducted in a sample of bipolar depressed inpatients. Cavallini MC, Fregna L, Sarzetto A, Pacchioni F, Attanasio F, Colombo C. OSR Scientific Rereat. Grand Hotel Dino, Baveno. 10-12 Marzo 2022.

Publications

Brioschi S, Franchini L, Fregna L, Borroni S, Franzoni C, Fossati A, Colombo C; Clinical and personality profile of depressed suicide attempters: A preliminary study at the open-door policy Mood Disorder Unit of San Raffaele Hospital; *Psychiatry Res.* 2019 Sep 22:112575. doi: 10.1016/j.psychres.2019.112575

Fregna L, Locatelli M, Colombo C; The phenomenology of depression. *Phenomenology and Mind*, n. 18 - 2020, pp. 38-54 DOI: 10.17454/pam-1803

Fregna L, Seghi F, Locatelli M, Colombo C (2021); The impact of early-life stress in the development and course of bipolar disorder: Mechanisms and implications. In Quevado J, Carvalho AF, Vieta E (ed.) *The Neurobiology of Bipolar Disorder: Road to Novel Therapeutics* (pp. 303-318). Elsevier. DOI: 10.1016/B978-0-12-819182-8.00027-2

Sarzetto A, Cavallini MC, Fregna L, Attanasio F, Pacchioni F, Barbini B, Franchini L, Colombo C; Blue blocking glasses for the treatment of mania in an elderly patient: A case report with polysomnographic findings; *Bipolar Disorders.* 2021; 00:1–3. DOI: 10.1111/bdi.13051

Sarzetto A, Cavallini MC, Fregna L, Pacchioni F, Attanasio F, Barbini B, Franchini L, Colombo C; Sleep architecture modifications after double chronotherapy: A case series of bipolar depressed inpatients. *Psychiatry Res.* 2022; Vol 316, October 2022: 114781. doi: 10.1016/j.psychres.2022.114781

Fregna, L., Martini, F., Pacchioni, F., Sapienza, J., Colombo, C. (2022). Introduction. In: Cavallaro, R., Colombo, C. (eds) *Fundamentals of Psychiatry for Health Care Professionals*. Springer, Cham. https://doi.org/10.1007/978-3-031-07715-9_1

- Martini, F., Fregna, L., Vanelli, I., Bigai, G., Tonet, L., Cavallaro, R. (2022). Psychopathology. In: Cavallaro, R., Colombo, C. (eds) *Fundamentals of Psychiatry for Health Care Professionals*. Springer, Cham. https://doi.org/10.1007/978-3-031-07715-9_2
- Franchini, L., Barbini, B., Zanardi, R., Fregna, L., Martini F., Manfredi, E., Sarzetto, A., Maiocchi, B., Ragone, N., Colombo, C. (2022). Mood Disorders. In: Cavallaro, R., Colombo, C. (eds) *Fundamentals of Psychiatry for Health Care Professionals*. Springer, Cham. https://doi.org/10.1007/978-3-031-07715-9_3
- Bosia, M., Spangaro, M., Cocchi, F., Sapienza, J., Tonet, L., Martini, F., Fregna, L., Passani, C., Cavallaro R. (2022). Psychotic Disorders. In: Cavallaro, R., Colombo, C. (eds) *Fundamentals of Psychiatry for Health Care Professionals*. Springer, Cham. https://doi.org/10.1007/978-3-031-07715-9_4
- Locatelli, L., Vanelli, I., Fregna, L., Martini, F., Manfredi, E., Pacchioni, F., Bigai, G., Tonet, L., Passani, C., Colombo C. (2022). Anxiety-Related Disorders. In: Cavallaro, R., Colombo, C. (eds) *Fundamentals of Psychiatry for Health Care Professionals*. Springer, Cham. https://doi.org/10.1007/978-3-031-07715-9_5
- Somma, A., Fregna, L., Martini, F., Fossati, A. (2022). Personality Disorders. In: Cavallaro, R., Colombo, C. (eds) *Fundamentals of Psychiatry for Health Care Professionals*. Springer, Cham. https://doi.org/10.1007/978-3-031-07715-9_6
- Bosia, M., Seghi, F., Bigai, G., Martini, F., Fregna, L., Fazio, V., Cavallaro R. (2022). Adult Consequences of Neurodevelopmental Disorders. In: Cavallaro, R., Colombo, C. (eds) *Fundamentals of Psychiatry for Health Care Professionals*. Springer, Cham. https://doi.org/10.1007/978-3-031-07715-9_7
- Erzegovesi, S., Pratesi, D., Martini, F., Fregna, L., Carminati, M., Cavallini, M.C. (2022). Eating Disorders. In: Cavallaro, R., Colombo, C. (eds) *Fundamentals of Psychiatry for Health Care Professionals*. Springer, Cham. https://doi.org/10.1007/978-3-031-07715-9_8
- Martini, F., Fregna, L., Bosia, M., Perrozzi, G., Cavallaro, R. (2022). Substance-Related Disorders. In: Cavallaro, R., Colombo, C. (eds) *Fundamentals of Psychiatry for Health Care Professionals*. Springer, Cham. https://doi.org/10.1007/978-3-031-07715-9_9
- Bosia, M., Cuoco, F., Bigai, G., Martini, F., Fregna, L., Congedo, C., Cavallaro, R. (2022). Organic Mental Disorders and Psychiatric Issues in the Elderly. In: Cavallaro, R., Colombo, C. (eds) *Fundamentals of Psychiatry for Health Care Professionals*. Springer, Cham. https://doi.org/10.1007/978-3-031-07715-9_10
- Zanardi, R., Spangaro, M., Attanasio, F., Sapienza, J., Martini, F., Fregna, L., Cavallaro, R., Colombo, C. (2022). Psychopharmacology. In: Cavallaro, R., Colombo, C. (eds) *Fundamentals of Psychiatry for Health Care Professionals*. Springer, Cham. https://doi.org/10.1007/978-3-031-07715-9_11
- Barbini, B., Seghi, F., Bosia, M., Fregna, L., Martini, F., Attanasio, F., Manfredi, E., Vassena, G., Colombo, C., Cavallaro, R. (2022). Non-Pharmacological Treatments. In: Cavallaro, R., Colombo, C. (eds) *Fundamentals of Psychiatry for Health Care Professionals*. Springer, Cham. https://doi.org/10.1007/978-3-031-07715-9_12
- Locatelli, M., Manfredi, E., Fregna, L., Martini, F., Pratesi, D., Perrozzi, G., Colombo, C. (2022). Psychiatric Emergencies. In: Cavallaro, R., Colombo, C. (eds) *Fundamentals of Psychiatry for Health Care Professionals*. Springer, Cham. https://doi.org/10.1007/978-3-031-07715-9_13
- Travaini, G., Zanardi, R., Fregna, L., Martini, F., Pratesi, D., Sarzetto, A., Perrozzi, G., Colombo, C. (2022). Psychiatric Legislation and Forensic Psychiatry. In: Cavallaro, R., Colombo, C. (eds) *Fundamentals of Psychiatry for Health Care Professionals*. Springer, Cham. https://doi.org/10.1007/978-3-031-07715-9_14
- Diplom in musical theory (2007), Conservatorio Girolamo Frescobaldi, Ferrara
5th year piano diploma (2007), Conservatorio Girolamo Frescobaldi, Ferrara
Sommelier AIS (Italian Sommelier Association) (January 2022)

Artistic skills and competences

