

Ilaria M.A. Benzi - Curriculum Vitae

ilaria.benzi@unimib.it

MAIN AREAS OF RESEARCH: Dimensional models of personality development and psychopathology; mentalizing and epistemic trust in adolescence and emerging adulthood; transdiagnostic and developmental processes (the p-factor); psychotherapy process and outcome; psychological assessment (test construction and validation); computational and quantitative methods (machine learning, network analysis, structural equation modeling).

[SCOPUS profile](#)

[Google Scholar profile](#)

[ORCID profile](#)

RESEARCH

Apr 2025–Present Assistant Professor (Tenure Track) - Department of Psychology, University of Milano-Bicocca, Milan (Italy) www.unimib.it

Dec 2023–Dec 2034 National Scientific Qualification (ASN) for Associate Professorship in Clinical and Dynamic Psychology (Scientific Sector 11/E4), Italy

Mar 2022–Feb 2024 Research Fellow at Lab on Attachment Psychology And Parenting Support ([LAG](#)) Department of Psychology - University of Pavia, Pavia (Italy) (prof. Lavinia Barone).

Jan 2022–Feb 2022 Research Scholarship on “Experimental analyses on the eCONNECT program” at Lab on Attachment Psychology And Parenting Support ([LAG](#)) Department of Psychology - University of Pavia, Pavia (Italy) (prof. Lavinia Barone).

Jul 2020- Dec 2021 Research Fellow at Applied Technology for Neuro-Psychology Lab IRCCS [Istituto Auxologico Italiano](#) (prof. Pietro Cipresso) – Milano

Jun 2020–Dec 2021 Project Head Communication Officer at “Promoting Education of Scientific and Technological Societal Issues Through Sublime” (PROMETHEUS project) (P.I.: prof. Andrea Gaggioli) Università Cattolica del Sacro Cuore, Milano (Italia)

May 2019–Jun 2020 Research Fellow at IRCCS Saint John of God Clinical Research Centre – [IRCSS Centro San Giovanni di Dio Fatebenefratelli](#), Brescia (BS) *Psychiatric Epidemiology and Evaluation Unit* (head: dr. Giovanni de Girolamo)

Nov 2017–Jan 2018 Visiting PhD Student Development of a research project on emerging personality disorders; clinical supervisions Cornell University, New York (United States) Supervisor: J. F. Clarkin

Nov 2015–Oct 2018 PhD in Clinical Psychology Department of Psychology - University of Milano-Bicocca, Milan (Italy) www.unimib.it. PhD in Psychology, Linguistics and Cognitive Neuroscience - Social, Cognitive, and Clinical psychology curriculum. Thesis: "Emerging personality structure in adolescence. Dimensions, processes and developmental trajectories". Supervisor: Fabio Madeddu

TRAINING

Feb 2024 Specialization Diploma in Psychotherapy – *Società Italiana di Psicoanalisi della Relazione (SIPRe)*, Milan (Italy)

- 2021–2022: Psychotherapy internship at *San Paolo Hospital*, Milan (Italy)

Supervisor: Dr. Vera Mariani

- May 2015–Jun 2017: Psychotherapy internship at *Niguarda Hospital*, Milan (Italy)

Supervisor: Dr. Andrea Zara

2022 Summer school “SmartPsychology: Methods and Practices in Ambulatory Assessment and Intervention” (*Lake Como School of Advanced Studies, July 4-8, 2022*)

2021 Introductory workshop on Dialectical Behavior Therapy (DBT), Italian Society for Dialectical Behavior Therapy

2021 Didactic Training Graduate in Transference Focused Psychotherapy (TFP), PDLab & International Society for Transference-Focused Psychotherapy (from 2013: clinical supervisions on Transference Focused Psychotherapy (TFP), (2018, 2020-2021) Lina Normandin (2017- 2018) Stephan Doering (2013-2018, 2020-2022) Fabio Madeddu, Alvise Orlandini (2016) Diana Diamond).

04/12/2019-06/12/2019 Workshop on Experience Sampling Methods (ESM) Research on Experience sampling and Ambulatory methods Leuven (REAL), Katholieke Universiteit Leuven, Belgium

2015-2017 and 2020-2021 Training in Psychotherapy Società Italiana di Psicoanalisi della Relazione (SIPRe), Milano (Italy)

02/09/2018-07/09/2018 Summer school: “Personality disorders: New developments in assessment, treatment, and basic research” International Society of Transference-Focused Psychotherapy, Como, September 2-7, 2018

Nov 2017 Training on Parent Development Interview PDI Training Institute - Yale Child Study Center, New Haven, CT Supervisors: Arietta Slade, Elizabeth Graf, Melissa Ilardi

Oct 2013 Master's Degree in Clinical Psychology and Neuroscience (110/110 cum Laude) University of Milano-Bicocca, Milano (Italy). Thesis: "H. S. Sullivan's contribution to the understanding of schizophrenia: an experience of integration between psychiatry and psychoanalysis". Supervisor: Fabio Madeddu.

Oct 2011 Bachelor's Degree in Psychology (104/110) University of Milano-Bicocca (Italy) Thesis: "The evaluation of change: perspectives on Borderline Personality Disorder" Supervisor: dr. Marta Vigorelli.

Apr 2007 Master's Degree in Philosophy (110/110) University of Milano (Italy) Thesis: "Eric Kandel: toward a new biology of the mind". Supervisors: Corrado Sinigaglia/Giulio Giorello

TEACHING

2025/2026 “Primary care psychology” course (MPSI-07), University of Milano-Bicocca (56 hours).

2024/2025 “Primary care psychology” course (MPSI-07), University of Milano-Bicocca (56 hours); Lab: “Hospital psychology” A + B (MPSI-07), University of Milano-Bicocca (56 hours).

2023/2024 “Test and measurement methods” course (MPSI-08), University of Pavia (36 hours).

2022/2023 “Test and measurement methods” course (MPSI-08), University of Pavia (36 hours).

2021/2022 “Test and measurement methods” course (MPSI-08), University of Pavia (36 hours); “Testing and psychodiagnosis” course (MPSI-08), University of Pavia (36 hours).

2020/2021 “Test and measurement methods” course (MPSI-08), University of Pavia (36 hours).

2019/2020 Seminars in “Clinical psychology” course (MPSI-08), University of Pavia (32 hours).

2018/2019 Lab: “Clinical interviews for diagnosing personality pathology” (MPSI-08), University of Milano-Bicocca (32 hours).

2017/2018 Lab: “Clinical interviews for diagnosing personality pathology” (MPSI-08), University of Milano-Bicocca (32 hours).

2016/2017 Lab: “Clinical interviews for diagnosing personality pathology” (MPSI-08), University of Milano-Bicocca (32 hours).

2015/2016 Lab: “Clinical interviews for diagnosing personality pathology” (MPSI-08), University of Milano-Bicocca (32 hours).

RESEARCH FUNDING

Oct 2023 Society for Psychotherapy Research (SPR – Italy) – Grant awarded for the research project “*Salute in Mente. Understanding, narrating, and promoting mental health in adolescence*” (12-month project)

AWARDS FOR SCIENTIFIC ACTIVITY

Jul 2022 Society for Attachment & Emotion Studies (SEAS) - Scholarship “International Attachment Conference 2022” in Lisbon, July 14-16, 2022

Jul 2018 International Society of Transference Focused Psychotherapy (ISTFP) Scholarship - Summer school “Personality disorders: New developments in assessment, treatment, and basic research” in Como, September 2-7, 2018

EDITORIAL AND ACADEMIC SERVICE

Executive Board:

- Member of the Executive Board (Coordinator of Scientific Activities), Society for Psychotherapy Research (SPR) – Italy Chapter, Nov 2024–present

Associate Editor:

- Discover Psychology (Springer Nature), 2026–present
- Current Psychology (Springer Nature), 2023–present
- Frontiers in Psychology (Personality Disorders and Clinical Psychology sections), 2022–present

Ad-hoc Reviewer:

Journal of Adolescence, Child and Adolescent Mental Health, BMJ Open, Clinical Neuropsychiatry, Research in Psychotherapy: Psychopathology, Process and Outcome (RIPPO), International Journal of Mental Health and Addiction, JMIR Mental Health, BJPsych Open, JMIR Research Protocols, Journal of Child Psychology and Psychiatry, Journal of Experimental Psychopathology, Journal of Applied Statistics, Emerging Adulthood, Psychology and Psychotherapy: Theory, Research and Practice, The Journal of Psychology: Interdisciplinary and Applied

AFFILIATIONS

2023-present Society for Psychotherapy Research Italy (SPR-Italy)

2023-present Society for Psychotherapy Research (SPR)

2018-present International Society of Transference Focused Psychotherapy (ISTFP)

2017-present International Society for the Study of Personality Disorders (ISSPD)

2016-present Associazione Italiana di Psicologia (AIP) Sezione di Psicologia Clinica e Dinamica

2013-present Personality Disorders Lab (PDLab)

LANGUAGE SKILLS

English – C1 (Advanced)

SOFTWARE

Statistical software: R, Jamovi, SPSS, Python

Software for experiments and online survey creation: MatLab SurveyMonkey, Qualtrics

Publications

- 1) Carone, N., Tracchegiani, J., Fontana, A., **Benzi**, I. M. A., Mikolajczak, M., Roskam, I., & Piotrowski, K. (2026). Parenthood regret among Italian parents: Links to parental identity, reflective functioning, and parenting. *Current Psychology*.
- 2) **Benzi**, I. M. A., La Tona, A., Zarbo, C., Carone, N., Liotti, M., Smeriglio, R., Compare, A., Di Nuovo, S., Lazzari, D., Camussi, E., Lingiardi, V., Lo Coco, G., & Parolin, L. (2026). The impact of government-funded brief psychological interventions on mental health: A longitudinal evaluation of the Italian “Psychological Bonus” policy. *Community Mental Health Journal*.
- 3) **Benzi**, I. M. A., Midgley, N., Ensink, K., Parolin, L., Fonagy, P., & Locati, F. (2026). Mapping the adolescent mind: Profiles of reflective functioning and epistemic trust in adolescent psychopathology. *Journal of adolescence*.
- 4) **Benzi**, I. M. A., Barlattani, A., Carone, N., Tracchegiani, J., Fontana, A., Ensink, K., & Parolin, L. (2026). When the body speaks for the mind: A parallel–sequential mediation model of trauma, epistemic trust, reflective functioning, and somatic symptoms in emerging adults. *Psychological Trauma: Theory, Research, Practice, and Policy*.
- 5) Lo Coco, G., Kivlighan, D. M., **Benzi**, I. M. A., Zarbo, C., La Tona, A., Smeriglio, R., Liotti, M., Carone, N., Compare, A., Di Nuovo, S., Lazzari, D., Lingiardi, V., & Parolin, L. (2026). *Cognitive reappraisal and expressive suppression dynamics predict changes in distress across brief psychotherapy: Findings from the PsyCARE Study*. *Psychotherapy Research*.
- 6) **Benzi**, I. M. A., Fontana, A., Carone, N., Locati, F., Parolin, L., & Ensink, K. (2026). Pathology of the self: A network analysis of personality functioning, narcissistic vulnerability, mentalizing, and epistemic trust across trauma profiles. *Borderline Personality Disorder and Emotion Dysregulation*.
- 7) Fontana, A., Mangialavori, S., **Benzi**, I. M. A., Tracchegiani, J., Parolin, L. A. L., Cacioppo, M., & Carone, N. (2025). Attachment styles and love addiction in female emerging adults: The interplay of epistemic trust and mentalized affectivity. *Discover Psychology*.
- 8) Tracchegiani, J., Fontana, A., **Benzi**, I. M. A., Cacioppo, M., & Carone, N. (2025). Personality functioning and parenting behaviors: The mediating role of parental identity. *Journal of Genetic Psychology*.
- 9) Carone, N., Tracchegiani, J., **Benzi**, I. M. A., Boldrini, T., Cacioppo, M., Muzi, L., Parolin, L. A. L., Quintigliano, M., & Fontana, A. (2025). Childhood Maltreatment Experiences in Mothers’ and Fathers’ Parental Burnout: The Mediating Role of Epistemic Stances. *Journal of Interpersonal Violence*, 0(0).
- 10) **Benzi**, I.M.A., La Tona, A., Zarbo, C., Compare, A., Di Nuovo, S., Lazzari, D., Lingiardi, V., Lo Coco, G., Parolin, L. (2025), “Beyond symptoms: A person-centered approach to psychological assessment using transdiagnostic factors. Insights from the PSYCARE study on Italy’s ‘psychological bonus’ policy”, *Journal of affective disorders*.
- 11) Tracchegiani, J., Fontana, A., **Benzi**, I. M. A., Muzi, L., Carone, N. (2025). Profiles of childhood maltreatment and defenses: Associations with personality functioning in emerging adulthood. *Journal of Child & Adolescent Trauma*.
- 12) Cruciani, G., Fontana, A. **Benzi**, I. M. A., Cacioppo, M., Muzi, L., Parolin, L. A. L., Tracchegiani, J., & Carone, N. (2025). Defensive levels in pathological narcissistic profiles: Associations with epistemic stances in emerging adulthood. *Current Psychology*.
- 13) Carone, N., Quintigliano, M., **Benzi**, I. M. A., Brumariu, L. E., Speranza, A. M., & Lingiardi, V. (2025). Parental sensitivity and child–parent attachment security in lesbian and gay parent families through assisted reproduction. *Journal of Family Psychology*.
- 14) Rizzi, D., Gambini, G., **Benzi**, I.M.A., ... & Klersy, C. (2024). Learning from the COVID-19 challenge: an Italian RCT study on an intervention’s effectiveness in reducing mental health symptoms in hospitalized patients. *Current Psychology*, 43(46), 35772-35784.
- 15) **Benzi**, I. M. A., Fontana, A., Carone, N., Sideli, L., Locati, F., Parolin, L., & Ensink, K. (2024). Exploring the p-Factor in Adolescence: A Bifactor Exploratory Structural Equation Modeling Approach and Its Association With Emerging Personality Pathology. *Journal of Adolescence*.
- 16) Fontana, A., Toselli, S., **Benzi**, I. M. A., Parolin, L. A. L., Cacioppo, M., & Carone, N. (2024). Pathological narcissism mentalization and gender differences in alcohol misuse among emerging adults. *Discover Psychology*, 4(1), 1-13.
- 17) Carone, N., Muzi, L., **Benzi**, I. M. A., Cacioppo, M., Parolin, L. A. L., Santona, A. M. R., & Fontana, A. (2024). The Influence of Childhood Emotional Abuse and Neglect on Love Addiction: The Indirect Effect of Vulnerable Narcissism Among Female and Male Emerging Adults. *Journal of Interpersonal Violence*.
- 18) Cruciani, G., Fontana, A., **Benzi**, I. M. A., Sideli, L., Parolin, L. A. L., Muzi, L., & Carone, N. (2024). Mentalized affectivity, helicopter parenting, and psychopathological risk in emerging adults: a network analysis. *European Journal of Investigation in Health, Psychology and Education*, 14(9), 2523-2541.
- 19) **Benzi**, I. M. A., Fontana, A., Lingiardi, V., Parolin, L., & Carone, N. (2024). “Don’t Leave me Behind!” Problematic Internet Use and Fear of Missing Out Through the Lens of Epistemic Trust in Emerging Adulthood. *Current Psychology*, 1-10.
- 20) **Benzi**, I. M. A., Fontana, A., Di Pierro, R., Parolin, L., & Ensink, K. (2024). Unpacking the p-factor. Associations

Between Maladaptive Personality Traits and General Psychopathology in Female and Male Adolescents. *Research on Child and Adolescent Psychopathology*, 1-14.

- 21) Rizzi, D., Monaci, M., Gambini, G., **Benzi**, I. M. A., Perlini, S., De Silvestri, A., ... & Barone, L. (2024). A Longitudinal RCT on the Effectiveness of a Psychological Intervention for Hospital Healthcare Workers During the COVID-19 Pandemic: What We Learned to Date. *Journal of Clinical Psychology in Medical Settings*, 1-12.
- 22) Carone*, N., **Benzi***, I. M. A., Muzi, L., Parolin, L. A. L., & Fontana, A. (2023). Problematic internet use in emerging adulthood to escape from maternal helicopter parenting: defensive functioning as a mediating mechanism. *Research in Psychotherapy: Psychopathology, Process and Outcome*, 26(3).
- 23) **Benzi**, I. M. A., Carone, N., Parolin, L., Martin-Gagnon, G., Ensink, K., & Fontana, A. (2023). Different epistemic stances for different traumatic experiences: implications for mentalization. *Research in Psychotherapy: Psychopathology, Process, and Outcome*, 26(3).
- 24) **Benzi**, I. M., Compare, A., Tona, A. L., Di Nuovo, S., Lazzari, D., Lingiardi, V., ... & Parolin, L. (2023). PsyCARE study: assessing impact, cost-effectiveness, and transdiagnostic factors of the Italian ministry of health's "psychological bonus" policy. *BMC psychology*, 11(1), 306.
- 25) **Benzi**, I. M. A., Stival, C., Gallus, S., Odone, A., & Barone, L. (2023). Exploring Patterns of Alcohol Consumption in Adolescence: the Role of Health Complaints and Psychosocial Determinants in an Italian Sample. *International Journal of Mental Health and Addiction*, 1-17.
- 26) **Benzi**, I. M. A., Carone, N., Fontana, A., & Barone, L. (2023). Problematic internet use in emerging adulthood: The interplay between narcissistic vulnerability and environmental sensitivity. *Journal of Media Psychology: Theories, Methods, and Applications*, 35(5), 316.
- 27) Tracchegiani, J., **Benzi**, I., Carone, N., Moretti, M., Ruglioni, L., & Barone, L. (2023). Lavorare con gli adolescenti attraverso un intervento per i genitori. Uno studio pilota sull'implementazione del programma d'intervento eConnect basato sull'attaccamento. *Psicologia clinica dello sviluppo*, 1-22.
- 28) Carone*, N., **Benzi***, I. M. A., Parolin, L. A. L., & Fontana, A. (2023). "I can't miss a thing"—The contribution of defense mechanisms, grandiose narcissism, and vulnerable narcissism to fear of missing out in emerging adulthood. *Personality and Individual Differences*, 214, 112333.
- 29) Fontana, A., **Benzi**, I. M. A., Ghezzi, V., Cianfanelli, B., & Sideli, L. (2023). Narcissistic traits and problematic internet use among youths: A latent change score model approach. *Personality and Individual Differences*, 212, 112265.
- 30) Locati*, F., **Benzi***, I. M. A., Milesi, A., Campbell, C., Midgley, N., Fonagy, P., & Parolin, L. (2023). Associations of mentalization and epistemic trust with internalizing and externalizing problems in adolescence: A gender-sensitive structural equation modeling approach. *Journal of Adolescence*.
- 31) **Benzi**, I. M. A., Fontana, A., & Di Pierro, R. (2023). Maladaptive personality traits and internalizing and externalizing problems: the role of borderline and narcissistic features in adolescence. *Clinical Neuropsychiatry*, 20(3), 161.
- 32) Milesi, Alberto; De Carli, Pietro; Locati, Francesca; Benzi, Ilaria M.A.; Campbell, Chloe; Fonagy, Peter; Parolin, Laura; (2023) How can I trust you? The role of facial trustworthiness in the development of epistemic and interpersonal trust. *Human Development (In press)*.
- 33) **Benzi**, I. M. A., Gallus, S., Santoro, E., & Barone, L. (2023). Psychosocial determinants of sleep difficulties in adolescence: the role of perceived support from family, peers, and school in an Italian HBSC sample. *European Journal of Pediatrics*, 1-10.
- 34) **Benzi**, I. M. A., Carone, N., Moretti, M., Ruglioni, L., Tracchegiani, J., & Barone, L. (2023). eCONNECT Parent Group: An Online Attachment-Based Intervention to Reduce Attachment Insecurity, Behavioral Problems, and Emotional Dysregulation in Adolescence. *International Journal of Environmental Research and Public Health*, 20(4), 3532.
- 35) Fontana, A., Cianfanelli, B., Verbaro, R., Cuzzocrea, G., **Benzi**, I. M. A., & Sideli, L. (2022). Two-Wave Stability of Grandiose and Vulnerable Narcissism During Adolescence: The Mediating Role of Empathy. *The Journal of Nervous and Mental Disease*, 10-1097.
- 36) **Benzi**, I. M. A., Fontana, A., Barone, L., Preti, E., Parolin, L., & Ensink, K. (2022). Emerging personality in adolescence: developmental trajectories, internalizing and externalizing problems, and the role of mentalizing abilities. *Journal of Adolescence*.
- 37) **Benzi**, I. M. A., & Cipresso, P. (2022). Venturing through storm and stress. A virtual reality app for the assessment of Emotional Sensitivity. *ANNUAL REVIEW OF CYBERTHERAPY AND TELEMEDICINE*, 20, 53-57.
- 38) Locati, F., **Benzi**, I., Cipresso, P., & Parolin, L. (2022). Training mentalizing skills in virtual reality: An experimental treatment for children. *Annual Review of Cybertherapy and Telemedicine*, 20, 59-63.
- 39) Fontana, A., **Benzi**, I. M. A., & Cipresso, P. (2022). Problematic internet use as a moderator between personality dimensions and internalizing and externalizing symptoms in adolescence. *Current psychology*, 1-10.
- 40) Parolin, L. A. L., **Benzi**, I. M. A., Fanti, E., Milesi, A., Cipresso, P., & Preti, E. (2021). Italia Ti Ascolto [Italy, I am

listening]: an app-based group psychological intervention during the COVID-19 pandemic. *Research in Psychotherapy: Psychopathology, Process, and Outcome*, 24(1).

- 41) **Benzi**, I. M.A., Fontana, A., Di Pierro, R., Perugini, M., Cipresso, P., Madeddu, F., ... & Preti, E. (2021). Assessment of personality functioning in adolescence: development of the adolescent personality structure questionnaire. *Assessment*, 1073191120988157.
- 42) **Benzi**, I.M.A., Cipresso, P. (2020). Let's dive into it! Exploring mentalizing abilities in adolescence in an immersive 360° environment. *Annual review of cybertherapy and telemedicine*, 18, 271-274
- 43) **Benzi**, I. M. A., Di Pierro, R., De Carli, P., Cristea, I. A., & Cipresso, P. (2020). All the faces of research on borderline personality pathology: drawing future trajectories through a network and cluster analysis of the literature. *Journal of Evidence-Based Psychotherapies*, 20(2), 3-30 doi: 10.24193/jebp.2020.2.9
- 44) Tuena, C., Mancuso, V., **Benzi**, I., Cipresso, P., Chirico, A., Goulene, K. M., ... & Pedroli, E. (2020). Executive functions are associated with fall risk but not balance in chronic cerebrovascular disease. *Journal of clinical medicine*, 9(11), 3405.
- 45) de Girolamo, G., Rocchetti, M., **Benzi**, I. M. A., Agosta, S., Casiraghi, L., Ferrari, C., ... & Starace, F. (2020). DAily time use, Physical Activity, quality of care and interpersonal relationships in patients with Schizophrenia spectrum disorders (DiAPASon): an Italian multicentre study. *BMC Psychiatry*, 20, 1-12.
- 46) Di Pierro, R., Costantini, G., **Benzi**, I. M. A., Madeddu, F., & Preti, E. (2019). *Grandiose and entitled, but still fragile: A network analysis of pathological narcissistic traits. Personality and Individual Differences*, 140, 15–20. <https://doi.org/10.1016/j.paid.2018.03.028>
- 47) **Benzi**, I. M.A., Preti, E., Di Pierro, R., Clarkin, J. F., & Madeddu, F. (2019). Maladaptive personality traits and psychological distress in adolescence: The moderating role of personality functioning. *Personality and Individual Differences*, 140, 33-40
- 48) **Benzi**, I., Sarno, I., & Di Pierro, R. (2018). Maladaptive personality functioning and non-suicidal self-injury in adolescence. *Clinical neuropsychiatry*, 15(4), 215-221.
- 49) Preti, E., Di Pierro, R., Costantini, G., **Benzi**, I. M., De Panfilis, C., & Madeddu, F. (2018). Using the Structured Interview of Personality Organization for DSM–5 Level of Personality Functioning Rating Performed by Inexperienced Raters. *Journal of personality assessment*, 1-9.
- 50) Di Pierro, R., **Benzi**, I. M. A., & Madeddu, F. (2015). Difficulties in emotion regulation among inpatients with substance use disorders: the mediating effect of mature defenses mechanisms. *Clinical neuropsychiatry*, (4).

Book chapters

- 1) **Benzi** I.M.A., Milesi A., Parolin L.A.L. (2021) Unconscious in Psychology. In: Glăveanu V.P. (eds) *The Palgrave Encyclopedia of the Possible*. Palgrave Macmillan, Cham. https://doi.org/10.1007/978-3-319-98390-5_162-1
- 2) Suttora, C.; **Benzi**, I.M.A.; Il narcisismo in età evolutiva e in adolescenza, in: *i mille volti di narciso*, Milano, Raffaello Cortina, 2020, pp. 221 - 258 [capitolo di libro]
- 3) Madeddu, F., Bonalume, L., Dainese, S., & **Benzi**, I. M. A. (2014). The global functioning evaluation: Kennedy Axis V compared with WHODAS 2.0. *Psychology Applications & Developments Advances in Psychology and Psychological Trends Series Edited by: Clara Pracana*, 132.

Conferences (presentations)

- 1) **Benzi**, I.M.A., Zarbo, C. (2025). A transdiagnostic, person-centered approach to psychological assessment: Profiling symptoms, emotion regulation, and epistemic trust in Italy's Psychological Bonus initiative. **Abstract & Symposium presentation** at: National Congress of the Italian Psychological Association (AIP) – Clinical and Dynamic Psychology Section, Perugia, Italy.
- 2) **Benzi**, I.M.A., Parolin, L. (2025). Trauma profiles and personality functioning: A network analysis of narcissistic traits, epistemic trust, mentalization, and impairments in self and interpersonal dimensions. **Abstract & Symposium presentation** at: National Congress of the Italian Psychological Association (AIP) – Clinical and Dynamic Psychology Section, Perugia, Italy.
- 3) **Benzi**, I.M.A., Compare, A., Di Nuovo, S., Lazzari, D., Lingiardi, V., Lo Coco, G., Parolin, L. (2025). Increasing accessibility to psychological care: Findings from the PsyCARE study on Italy's 'Psychological Bonus' policy. **Abstract & presentation** at: 56th International Annual Meeting of the Society for Psychotherapy Research (SPR), Kraków, Poland.
- 4) **Benzi**, I.M.A. (2025). Emerging personality pathology and the p-factor in adolescence. **Invited presentation** at: APOIAR Conference 2025, University of São Paulo, Brazil.
- 5) **Benzi**, I.M.A., Locati, F., Valadé, S. (2024). Salute in Mente. Comprendere, raccontare e promuovere la salute mentale in adolescenza. **Abstract & Symposium presentation** at: XV Congresso Nazionale SPR-IAG – Napoli.

- 6) **Symposium organization.** “Dimensional models of psychopathology in adolescence. Personality, mentalization, and internalizing and externalizing features.” – **Benzi, I.M.A., Ensink, K.** (2023). Unpacking *p*-factor. Maladaptive personality traits and general psychopathology in adolescence. **Abstract & Symposium presentation** at: XXIII Congresso Nazionale AIP della sezione di Psicologia Clinica e Dinamica, Firenze, Italia.
- 7) **Benzi, I.M.A., Lazzari, D., Compare, A., Di Nuovo, S., Lo Coco, G., Lingiardi, V., Parolin, L.,** (2023). Assessing the Effectiveness of the Italian Psychological Bonus: A Study of Access, Impact, and Cost-Effectiveness. **Abstract & Symposium presentation** at: XVIII European Congress of Psychology, Brighton, UK.
- 8) **Benzi, I.M.A. & Ensink, K.** (2022). Adolescent Personality Development Predicts Later Psychological Difficulties: Mentalizing Moderates in Unexpected Way. **Abstract & Symposium presentation** at: 7th International Society of Transference Focused Psychotherapy, Innsbruck, Austria (online).
- 9) Barone, L., Carone, N., Benzi, I.M.A., Tracchegiani, J., Moretti, M. (2022). Connecting parents to their adolescents via an online attachment-based intervention in Italy: The effectiveness of eCONNECT in reducing adolescents’ attachment insecurity and behavioral problems via parents’ affect regulation. **Abstract & Symposium presentation** at: International Attachment Conference, Lisbon, Portugal.
- 10) **Benzi, I.M.A., Barone, L., Tracchegiani, J., Moretti, M.** (2022). eCONNECT: an online attachment-based intervention for parents to reduce adolescents’ attachment insecurity and behavioural problems. **Abstract & Symposium presentation** at: XXX Congresso Nazionale AIP (tutte le sezioni), Padova, Italia.
- 11) **Benzi, I.M.A., Fontana, A., Parolin, L., Milesi, A. Preti, Cipresso, P., E., Ensink, K., & Normandin, L.** (2021). Emerging personality in adolescence: A longitudinal study exploring developmental trajectories and the role of mentalizing abilities. **Abstract & presentation** at: 17th World Congress ISSPD PERSONALITY DISORDER CONGRESS 2021, Oslo, Norway (online).
- 12) Milesi, A., Locati F., **Benzi, I.M.A., Parolin, L., Ensink, K., & Fonagy, P.** (2021). Mentalization and affective instability in adolescence during lockdown: the role of epistemic trust. **Abstract & presentation** at: 17th World Congress ISSPD PERSONALITY DISORDER CONGRESS 2021, Oslo, Norway (online).
- 13) **Benzi, I.M.A., Fontana, A., Di Pierro, R.** (2021). Emerging personality in adolescence: dimensional perspectives. **Abstract & Symposium presentation** at: XXII Congresso Nazionale AIP della sezione di Psicologia Clinica e Dinamica, Lecce, Italia.
- 14) **Benzi, I.M.A., Cipresso, P.** (2021). Venturing through storm and stress: a virtual reality app for the assessment of emotional sensitivity. **Abstract & Symposium presentation** at: 25th Anniversary Annual International CyberPsychology, CyberTherapy & Social Networking Conference (CYPSY25), Milano, Italia (online).
- 15) Locati, F., **Benzi, I.M.A., Cipresso, P., Parolin, L.** (2021). Training mentalization in virtual reality: an experimental treatment for children. **Abstract & Symposium presentation** at: 25th Anniversary Annual International CyberPsychology, CyberTherapy & Social Networking Conference (CYPSY25), Milano, Italia (online).
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I give consent to process my data, in accordance to the Regulation of the European Parliament 679/2016, regarding the protection of natural persons and free movement of such data.

Milan, 29/06/2026

Ilaria Maria Antonietta Benzi

