ILARIA M. A. BENZI, PhD

Assistant Professor (tenure track), Department of Psychology, University of Milano-Bicocca
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RESEARCH INTERESTS

I work in developmental psychopathology, focusing on vulnerability to psychopathology and emerging personality pathology from adolescence into emerging adulthood, with an emphasis on self and interpersonal functioning, including the role of traumatic experiences. My research integrates psychometric and computational approaches, experience sampling and experimental methods, and the evaluation of psychological interventions in routine care and in schools.

ACADEMIC APPOINTMENTS

Assistant Professor (tenure track) in Dynamic Psychology, Department of Psychology, University of Milano-Bicocca, Milan — Apr 2025–present

Adjunct Lecturer, Department of Psychology, University of Milano-Bicocca. Course leader, Primary Care Psychology (master's level) — Oct 2024–Mar 2025

Research Fellow, Lab on Attachment Psychology and Parenting Support (Prof. Lavinia Barone), Department of Brain and Behavioural Sciences, University of Pavia — Jan 2022–Feb 2024

Research Fellow, Applied Technology for Neuro-Psychology Lab (Prof. Pietro Cipresso), IRCCS Istituto Auxologico Italiano (research hospital), Milan — Jul 2020–Dec 2021

Research Fellow, Psychiatric Epidemiology and Evaluation Unit (Head: Dr Giovanni de Girolamo), IRCCS Centro San Giovanni di Dio Fatebenefratelli (research hospital), Brescia — May 2019–Jun 2020

Visiting PhD Student, Personality Disorders Institute, Weill Cornell Medical College, Cornell University, New York, USA (Supervisor: Prof. John F. Clarkin) — Nov 2017–Jan 2018

EDUCATION AND QUALIFICATIONS

Degrees

PhD in Psychology, Linguistics and Cognitive Neuroscience (Social, Cognitive and Clinical Psychology curriculum), University of Milano-Bicocca — Nov 2015–Jan 2019

Thesis: *Emerging personality structure in adolescence. Dimensions, processes and developmental trajectories*. Supervisor: Prof. Fabio Madeddu.

MSc in Clinical Psychology and Neuroscience (110/110 cum laude: highest mark with distinction), University of Milano-Bicocca — Oct 2013

BSc in Psychology, University of Milano-Bicocca — Oct 2011

Master's Degree in Philosophy (110/110, highest mark), University of Milan — Apr 2007

Professional qualifications

National Scientific Qualification as Associate Professor (Abilitazione Scientifica Nazionale), Clinical and Dynamic Psychology, Italian Ministry of University and Research — Dec 2023–Dec 2034

Specialisation Diploma in Psychotherapy (four-year postgraduate clinical training; 110/110, highest mark), Società Italiana di Psicoanalisi della Relazione (SIPRe), Milan — Feb 2024

Licensed Psychologist, Register of Psychologists of Lombardy — 2014

TEACHING

Courses

Primary Care Psychology (master's level), University of Milano-Bicocca. Course leader, 56 hours per year — 2024/25–present

Laboratory: Hospital Psychology (master's level, two groups), University of Milano-Bicocca. Laboratory leader, 56 hours (28 per group) — 2024/25

Test and Measurement Methods (bachelor's level, third year), University of Pavia. Course leader, 36 hours per year — 2020/21–2023/24

Testing and Psychodiagnostics, University of Pavia. Course leader, 36 hours — 2021/22

Clinical Psychology, University of Pavia. Adjunct lecturer, 36 hours, taught with Prof. Ioana A. Cristea and Dr Francesca Locati — 2019/20

Laboratory: Clinical Diagnostic Interviews for Personality Pathology (master's level), University of Milano-Bicocca. Laboratory leader, 32 hours per year — 2015/16–2018/19

FUNDING AND AWARDS

Grants held as principal investigator

Society for Psychotherapy Research, Italy Area Group, research grant (€7,000). Grant holder — Oct 2023, 12 months

Other funded projects

Italia Ti Ascolto, online group psychological support during the COVID-19 pandemic, funded by the Fondazione di Comunità Milano, a charitable community foundation, and developed with the Lombardy Board of Psychologists. Member of the research team (study implementation) — May–Dec 2020

Roles on funded projects

EASY: Emotional Awareness for Supporting Youths, national research programme PRIN 2022, Italian Ministry of University and Research (PI: Prof. Patrizia Velotti; €374,929 across three research units) — Feb 2025–Feb 2027

PsyCARE, 36-month national multicentre evaluation of the Italian "Psychological Bonus" policy, supported by the National Council of the Order of Psychologists, which funded the recruitment platform (€20,000). Co-designer, with Prof. Laura Parolin, and study coordinator — 2022–2024

eCONNECT, validation of the online CONNECT programme for parents of adolescents, funded by the Canadian Institutes of Health Research (Coordinators: Prof. Marlene Moretti, Simon Fraser University, and Prof. Lavinia Barone, University of Pavia). Member of the research group; first author of the Italian effectiveness study — 2022–2024

PROMETHEUS, a Fondazione Cariplo project on adolescents' engagement with science (PI: Prof. Andrea Gaggioli, Università Cattolica, Milan). Communication lead — 2020–2021

DiAPASon, Italian Ministry of Health, Ricerca Finalizzata 2018, the Ministry's competitive programme for health research (PI: Dr Giovanni de Girolamo). Research fellow — 2019–2020

Awards

Society for Emotion and Attachment Studies (SEAS), travel award for early-career researchers (€500), International Attachment Conference, Lisbon — Jul 2022

International Society of Transference-Focused Psychotherapy, scholarship (€500), awarded for the best project presented at the summer school "Personality disorders: New developments in assessment, treatment, and basic research", Como — Sep 2018

ACADEMIC SERVICE

Editorial

Associate Editor, *Clinical Psychology & Psychotherapy* Sep 2026–present

Associate Editor, *Current Psychology* 2023–present

Ad hoc reviewer: *Journal of Adolescence; Child and Adolescent Mental Health; BMJ Open; Clinical Neuropsychiatry; Journal of Child Psychology and Psychiatry and Allied Disciplines; Journal of Experimental Psychopathology; JMIR research protocols; JMIR mental health; BJPsych open; Research in Psychotherapy: Psychopathology, Process and Outcome; International Journal of Mental Health and Addiction; Journal of Applied Statistics.*

Department and university

- Member, Joint Staff–Student Teaching Committee (Commissione Paritetica Docenti-Studenti), Department of Psychology, University of Milano-Bicocca, Apr 2025–present: draft its minutes and sections of its annual report.
- Student access and orientation: department's delegate for student orientation; coordinate peer tutoring across the department and contribute to the annual report of a national orientation project to the Ministry; University Orientation Committee, Apr 2025–present.
- Assessor of bachelor's dissertations, Department of Psychology, Apr 2025–present.
- Member of graduation, professional qualification and merit-based admission committees, and of selection committees for research fellowships and scholarships, University of Milano-Bicocca.

Scientific societies

- Elected member of the Executive Board and Coordinator of scientific activities, Society for Psychotherapy Research, Italy Area Group, Nov 2024–present (re-elected for 2027–2028): scientific programme and collaborations with the international SPR network.

Conference and seminar organisation

- Symposium convenor at national congresses: Italian Association of Psychology, Clinical and Dynamic Psychology Section (2023, 2026); Society for Psychotherapy Research, Italy Area Group (two symposia, 2026).
- Organiser of the department seminar by Karin Ensink (Université Laval), "Rethinking Trauma, Mentalizing and Personality: A Developmental and Intergenerational Perspective", University of Milano-Bicocca, 10 November 2026; chair of the Q&A following her opening keynote at the XVI National Congress of the Society for Psychotherapy Research, Italy Area Group, Genoa, November 2026.
- About 40 seminars and conferences organised through the Centro Studi per la Cultura Psicologica (2011–2023), about 30 of them with the University of Milano-Bicocca, with speakers including Edward Tronick, Karlen Lyons-Ruth, Nick Midgley, Alessandra Lemma, Paul Wachtel, Falk Leichsenring, Stephan Doering and Diana Diamond.

CLINICAL PRACTICE

Clinical Psychologist (psychotherapist since 2024) 2016–present

Psychological assessment consultant, Test Library of the Lombardy Board of Psychologists, Milan Oct 2014–Dec 2017

PUBLICATIONS

Shared first authorship marked *.

Journal articles

1. Locati, F., Aynaudi, M., Ensink, K., Fonagy, P., Midgley, N., Parolin, L., & **Benzi, I. M. A.** (in press). Epistemic mistrust as a consistent correlate of general psychopathology (p-factor) in adolescence: Evidence from community and clinical samples. *Psychology and Psychotherapy: Theory, Research and Practice*.

2. Simoncini, G., Borghesi, F., Ballarotto, G., Barone, L., **Benzi, I. M. A.**, Greco, C., Lionetti, F., Parolin, L., Velotti, P., & Cipresso, P. (2026). From individual to relational: A scientometric mapping of emotion regulation in adolescence. *Frontiers in Psychology, 17, Article 1965549.*

3. Cruciani, G., **Benzi, I. M. A.**, Tracchegiani, J., Boldrini, T., & Carone, N. (2026). Parental responses to climate threat: Italian validation of the Climate Self-Protection Scale and the role of eco-defenses, epistemic stances, and eco-anxiety. *Journal of Environmental Psychology, 115, Article 103242.*

4. Carone, N., Tracchegiani, J., Fontana, A., **Benzi, I. M. A.**, Mikolajczak, M., Roskam, I., & Piotrowski, K. (2026). The Parenthood Regret Scale among Italian parents: Psychometric evidence and network associations with parental identity, reflective functioning, parenting behaviors, and sociodemographic characteristics. Current Psychology, 45(14), Article 1256.

5. **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. Advance online publication. https://doi.org/10.1007/s10597-026-01657-y*

6. **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*. Advance online publication. https://doi.org/10.1002/jad.70160

7. **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–serial mediation model of trauma, epistemic trust, reflective functioning, and somatic symptoms in emerging adults. *Psychological Trauma: Theory, Research, Practice, and Policy. Advance online publication. https://doi.org/10.1037/tra0002179*

8. 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 psychotherapy: Findings from the PsyCARE study. *Psychotherapy Research. Advance online publication. https://doi.org/10.1080/10503307.2026.2632043*

9. **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, 13(1), Article 7.

10. Carone, N., Tracchegiani, J., **Benzi, I. M. A.**, Boldrini, T., Cacioppo, M., Muzi, L., Parolin, L., Quintigliano, M., & Fontana, A. (2026). Childhood maltreatment experiences in mothers' and fathers' parental burnout: The mediating role of epistemic stances. *Journal of Interpersonal Violence, 41(13–14), 4067–4094.*

11. Fontana, A., Mangialavori, S., **Benzi, I. M. A.**, Tracchegiani, J., Parolin, L., Cacioppo, M., & Carone, N. (2025). Attachment styles, epistemic trust and mentalized affectivity in love addiction among emerging adult women. *Discover Psychology, 5(1), Article 124.*

12. 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. Advance online publication. https://doi.org/10.1080/00221325.2025.2564989*

13. **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, 385*, 119390.

14. 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, 18(3), 653–667.*

15. Cruciani, G., Fontana, A., **Benzi, I. M. A.**, Cacioppo, M., Muzi, L., Parolin, L., Tracchegiani, J., & Carone, N. (2025). Defensive levels in narcissistic profiles: Associations with epistemic trust, mistrust, and credulity in emerging adulthood. *Current Psychology, 44(11), 10140–10152.*

16. 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, 39(4), 429–442.*

17. **Benzi*, I. M. A.**, Fontana*, A., Carone, N., Sideli, L., Locati, F., Parolin, L., & Ensink, K. (2025). Exploring the p-factor in adolescence: A bifactor exploratory structural equation modeling approach and its association with emerging personality pathology. *Journal of Adolescence, 97*, 732–745.
18. Rizzi, D., Monaci, M., Gambini, G., **Benzi, I. M. A.**, Perlini, S., De Silvestri, A., Klersy, C., & Barone, L. (2025). 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, 32(1), 27–38.*
19. Carone, N., Muzi, L., **Benzi, I. M. A.**, Cacioppo, M., Parolin, L., Santona, A. M. R., & Fontana, A. (2025). 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, 40(17–18), 3957–3985.*
20. **Benzi, I. M. A.**, Stival, C., Gallus, S., Odone, A., & Barone, L. (2025). 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, 23(2), 1124–1140.*
21. Rizzi, D., Gambini, G., **Benzi, I. M. A., De Silvestri, A., Rovati, A., Bigoni, F., Mangiagalli, M., Giacomel, I., Perlini, S., Musella, V., Barone, L., & 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.
22. Fontana, A., Toselli, S., **Benzi, I. M. A.**, Parolin, L., Cacioppo, M., & Carone, N. (2024). Pathological narcissism mentalization and gender differences in alcohol misuse among emerging adults. *Discover Psychology, 4(1), Article 202.*
23. Cruciani, G., Fontana, A., **Benzi, I. M. A.**, Sideli, L., Parolin, 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.
24. **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, 43*(15), 13775–13784.
25. **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, 52*, 473–486.
26. Carone*, N., **Benzi*, I. M. A.**, Muzi, L., Parolin, 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), 693.*
27. **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), 708.
28. **Benzi, I. M. A.**, Compare, A., La Tona, A., Di Nuovo, S., Lazzari, D., Lingiardi, V., Lo Coco, G., & 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.
29. **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), 316–324.*
30. Tracchegiani, J., **Benzi, I. M. A.**, 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 [Working with adolescents through a parent intervention: A pilot study of the attachment-based eConnect programme]. *Psicologia Clinica dello Sviluppo*.
31. Carone*, N., **Benzi*, I. M. A.**, Parolin, 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.
32. 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.

33. 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, 95*, 1564–1577.
34. **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), 161–172.
35. Milesi, A., De Carli, P., Locati, F., **Benzi, I. M. A.**, Campbell, C., Fonagy, P., & Parolin, L. (2023). How can I trust you? The role of facial trustworthiness in the development of epistemic and interpersonal trust. *Human Development*, 67(2), 57–68. https://doi.org/10.1159/000530248
36. **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, 182*, 2625–2634.
37. **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.
38. **Benzi, I. M. A.**, Fontana, A., Barone, L., Preti, E., Parolin, L., & Ensink, K. (2023). Emerging personality in adolescence: Developmental trajectories, internalizing and externalizing problems, and the role of mentalizing abilities. *Journal of Adolescence, 95*, 537–552.
39. Fontana, A., Cianfanelli, B., Verbaro, R., Cuzzocrea, G., **Benzi, I. M. A.**, & Sideli, L. (2023). Two-wave stability of grandiose and vulnerable narcissism during adolescence: The mediating role of empathy. *The Journal of Nervous and Mental Disease, 211(9), 696–703.*
40. Fontana, A., **Benzi, I. M. A.**, & Cipresso, P. (2023). Problematic internet use as a moderator between personality dimensions and internalizing and externalizing symptoms in adolescence. *Current Psychology, 42(22), 19419–19428.*
41. **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.
42. Locati, F., **Benzi, I. M. A.**, 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.
43. **Benzi, I. M. A.**, Fontana, A., Di Pierro, R., Perugini, M., Cipresso, P., Madeddu, F., Clarkin, J. F., & Preti, E. (2022). Assessment of personality functioning in adolescence: Development of the Adolescent Personality Structure Questionnaire. *Assessment, 29*(4), 668–685.
44. Parolin, 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), 42–52.
45. **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.
46. **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.
47. Tuena, C., Mancuso, V., **Benzi, I. M. A.**, Cipresso, P., Chirico, A., Goulene, K. M., Riva, G., Stramba-Badiale, 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.
48. de Girolamo, G., Rocchetti, M., **Benzi, I. M. A.**, Agosta, S., Casiraghi, L., Ferrari, C., De Franceschi, N., Macis, A., Pogliaghi, S., & 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*.
49. 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.

50. **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.

51. **Benzi, I. M. A.**, Sarno, I., & Di Pierro, R. (2018). Maladaptive personality functioning and non-suicidal self-injury in adolescence. *Clinical Neuropsychiatry, 15*(4), 215–221.

52. Preti, E., Di Pierro, R., Costantini, G., **Benzi, I. M. A.**, 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, 100*(6), 621–629.

53. 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, 12*(4), 83–89.

Book chapters

1. **Benzi, I. M. A.**, Milesi, A., & Parolin, L. (2021). Unconscious in psychology. In V. P. Glăveanu (Ed.), *The Palgrave Encyclopedia of the Possible*. Palgrave Macmillan. https://doi.org/10.1007/978-3-319-98390-5_162-1

2. Suttora, C., & **Benzi, I. M. A.** (2020). Il narcisismo in età evolutiva e in adolescenza [Narcissism in childhood and adolescence]. In F. Madeddu (Ed.), *I mille volti di Narciso: Fragilità e arroganza tra normalità e patologia* (pp. 221–258). Raffaello Cortina.

3. Madeddu, F., Bonalume, L., Dainese, S., & **Benzi, I. M. A.** (2014). The global functioning evaluation: Kennedy Axis V compared with WHODAS 2.0. In C. Pracana (Ed.), *Psychology Applications & Developments* (p. 132). Advances in Psychology and Psychological Trends Series.

OPEN AND REPRODUCIBLE SCIENCE

Preregistrations and registered protocols (Open Science Framework)

1. **Benzi, I. M. A.**, Fontana, A., Normandin, L., & Ensink, K. (2026, October 18). *Many languages for one Self? A systematic review and semantic analysis of object relations, personality functioning, and trait measures in adolescence*. OSF Preregistration. https://doi.org/10.17605/OSF.IO/HF93C

2. **Benzi, I. M. A.**, Parolin, L., & Ensink, K. (2026, January 12). *Mapping the jingle–jangle jungle of social-learning constructs: A semantic–psychometric study of mentalising, epistemic trust and emotion regulation*. OSF Preregistration. https://doi.org/10.17605/OSF.IO/KA7D8

3. Johnson, S., **Benzi, I. M. A.**, Thibault, N., Martin-Gagnon, G., Bégin, M., Bastien, C. H., & Ensink, K. (2024, December 6). *Comparative efficacy of psychological interventions for post-traumatic stress in survivors of sexual abuse (protocol)*. Systematic review and network meta-analysis registration. https://doi.org/10.17605/OSF.IO/4MKAT

4. **Benzi, I. M. A.**, Compare, A., Di Nuovo, S., Lazzari, D., Lo Coco, G., Lingiardi, V., & Parolin, L. (2023, May 19). *Assessing the effectiveness of the Italian Psychological Bonus: A study of access, impact, and cost-effectiveness*. https://doi.org/10.17605/OSF.IO/6ZK2J

5. **Benzi, I. M. A.**, Fontana, A., Parolin, L., & Ensink, K. (2023, May 5). *Emerging personality pathology in adolescence: Categorical and dimensional perspectives on risky behaviors*. https://doi.org/10.17605/OSF.IO/ZKCG9

Open code and materials

1. **Benzi, I. M. A.**, & Parolin, L. (2026). *Are we predicting the right thing? Outcome forecasting and diagnostic reformulation in routine psychotherapy*. Full analysis code, data dictionary and software environment (CC BY 4.0). https://osf.io/6w45p

2. Velotti, P., Barone, L., Cipresso, P., Parolin, L., Lionetti, F., Ballarotto, G., **Benzi, I. M. A.**, Greco, C., Borghesi, F., & Simoncini, G. (2026). *Emotional Awareness for Supporting Youths (EASY): A protocol to enhance emotional functioning and to buffer behavioral problems and risk-taking behaviors in adolescence*. Project page. https://osf.io/p245a

3. **Benzi, I. M. A.**, Marelli, M., Parolin, L., & Ensink, K. (2026). *The map is not the territory: Construct names, items, and responses in measures of mentalizing, epistemic trust, and emotion regulation*. Analysis code, item and label texts, embeddings and results. https://osf.io/4s63z

4. Benzi, I. M. A., Barone, L., Ballarotto, G., Aynaudi, M., Borghesi, F., Cipresso, P., Greco, C., Lionetti, F., Simoncini, G., Velotti, P., & Parolin, L. (2026). General psychopathology and within-person variability of everyday mentalizing and perceived emotional control in adolescence: An experience sampling study. Analysis code and materials. https://osf.io/2nj3x/

Preprints

1. **Benzi, I. M. A.**, Marelli, M., Parolin, L., & Ensink, K. (2026). The map is not the territory: Construct names, items, and responses in measures of mentalizing, epistemic trust, and emotion regulation. PsyArXiv. https://doi.org/10.31234/osf.io/g9fhq_v1. Manuscript in preparation for submission to *Psychological Assessment*.
2. **Benzi, I. M. A.**, & Ciardo, F. (2026). *Epistemic stances in humanoid robot evaluation: Evidence from the Frankenstein Syndrome Questionnaire and morph-based perceptual judgements*. PsyArXiv. https://doi.org/10.31234/osf.io/ujav4_v1
3. Parolin, 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*. OSF Preprints. https://doi.org/10.31219/osf.io/ytu5m (published in *Research in Psychotherapy: Psychopathology, Process and Outcome,* 2021)

INVITED TALKS AND CONFERENCE PRESENTATIONS

Invited talk

1. **Benzi, I. M. A.** (2025). Emerging personality pathology and the p-factor in adolescence. Invited talk. 23rd Jornada APOIAR, annual clinical psychology conference, University of São Paulo, Brazil, 28 November (online).

International conferences

1. **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. Oral presentation. 56th Annual International Meeting of the Society for Psychotherapy Research, Kraków, Poland, 25–28 June.
2. **Benzi, I. M. A.**, Fontana, A., Di Pierro, R., Carone, N., Cacioppo, M., Parolin, L., & Ensink, K. (2024). Emerging personality pathology and the p-factor in adolescence. Oral presentation. 8th Biennial Conference of the International Society of Transference-Focused Psychotherapy, New York, USA, 27–29 September.
3. **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. Symposium paper. XVIII European Congress of Psychology, Brighton, UK, 3–6 July.
4. **Benzi, I. M. A.**, & Ensink, K. (2022). Adolescent personality development predicts later psychological difficulties: Mentalizing moderates in unexpected way. Symposium paper. 7th Conference of the International Society of Transference-Focused Psychotherapy, University of Innsbruck, Austria (online), 27–30 October.
5. 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. Symposium paper. International Attachment Conference, Lisbon, Portugal, 13–16 July.
6. **Benzi, I. M. A.**, Fontana, A., Parolin, L., Milesi, A., Preti, E., Cipresso, P., Ensink, K., & Normandin, L. (2021). Emerging personality in adolescence: A longitudinal study exploring developmental trajectories and the role of mentalizing abilities. Paper. 17th World Congress of the International Society for the Study of Personality Disorders, Oslo, Norway (online), 13–15 October.
7. 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. Paper. 17th World Congress of the International Society for the Study of Personality Disorders, Oslo, Norway (online), 13–15 October.

8. **Benzi, I. M. A.**, & Cipresso, P. (2021). Venturing through storm and stress: A virtual reality app for the assessment of emotional sensitivity. Symposium paper. 25th Annual International CyberPsychology, CyberTherapy & Social Networking Conference, Milan, Italy (online), 13–15 September.
9. Locati, F., **Benzi, I. M. A.**, Cipresso, P., & Parolin, L. (2021). Training mentalization in virtual reality: An experimental treatment for children. Symposium paper. 25th Annual International CyberPsychology, CyberTherapy & Social Networking Conference, Milan, Italy (online), 13–15 September.
10. **Benzi, I. M. A.**, Di Pierro, R., Fontana, A., Madeddu, F., Clarkin, J., & Preti, E. (2018). Assessing personality structure in adolescence. Development of the Adolescent Personality Structure Questionnaire (APS-Q). Symposium paper. 5th Conference of the International Society of Transference-Focused Psychotherapy, Barcelona, Spain, 30 September–2 October.
11. **Benzi, I. M. A.**, Preti, E., Clarkin, J., Madeddu, F., & Di Pierro, R. (2018). Emerging personality structure in adolescence: Associations with borderline and narcissistic features. Symposium paper. 5th International Congress on Borderline Personality Disorder and Allied Disorders, Sitges, Spain, 27–29 September.
12. Maggio, C., Di Sarno, M., **Benzi, I. M. A.**, Madeddu, F., & Di Pierro, R. (2018). Internalizing and externalizing problems in young adolescents: Associations with narcissistic traits and gender. Paper. 5th International Congress on Borderline Personality Disorder and Allied Disorders, Sitges, Spain, 27–29 September.
13. **Benzi, I. M. A.**, Preti, E., Di Pierro, R., Sarno, I., Fontana, A., & Madeddu, F. (2017). Investigating personality structure in adolescence. Symposium paper. XV International Congress of the International Society for the Study of Personality Disorders, Heidelberg, Germany, 25–28 September.
14. Preti, E., Di Pierro, R., **Benzi, I. M. A.**, & Madeddu, F. (2017). Personality structure in patients with substance-related disorders. Paper. XV International Congress of the International Society for the Study of Personality Disorders, Heidelberg, Germany, 25–28 September.
15. Di Pierro, R., **Benzi, I. M. A.**, Madeddu, F., & Preti, E. (2016). Personality pathology assessment: Use of the Level of Personality Functioning Scale by clinically inexperienced raters and associations with the Structured Interview of Personality Organization. Poster. 4th International Congress on Borderline Personality Disorder and Allied Disorders, Vienna, Austria, 8–10 September.

National congresses

1. **Benzi, I. M. A.**, & Parolin, L. (2026). Scaling outcomes, but not understanding: Machine learning and diagnostic reformulation in routine care. Symposium paper, and symposium convenor (“Models of meaning? AI and computational methods at the edge of clinical understanding”). XVI National Congress of the Society for Psychotherapy Research, Italy Area Group, Genoa, Italy, 12–14 November.
2. **Benzi, I. M. A.** (2026). Symposium convenor: “Good enough? What brief, real-world psychotherapy changes, how, and for whom”. XVI National Congress of the Society for Psychotherapy Research, Italy Area Group, Genoa, Italy, 12–14 November.
3. Carone, N., **Benzi, I. M. A.**, Liotti, M., Lingiardi, V., & Parolin, L. (2026). Epistemic trust profile transitions and symptom change: A two-wave person-centred study in routine psychotherapy. Symposium paper. XVI National Congress of the Society for Psychotherapy Research, Italy Area Group, Genoa, Italy, 12–14 November.
4. **Benzi, I. M. A.**, Parolin, L., & Locati, F. (2026). Epistemic trust and the p-factor in adolescence: Differential associations across community and clinical groups. Symposium paper. XXVI National Congress of the Italian Association of Psychology, Clinical and Dynamic Psychology Section, Palermo, Italy, 17–19 September.
5. **Benzi, I. M. A.**, Aynaudi, M., & Parolin, L. (2026). Two maps of the same territory: Semantic and empirical organisation of mentalizing, epistemic trust, and mentalized affectivity. Symposium paper, and symposium convenor with G. Bertamini and M. Gallucci (“The map is not the territory: Machine learning and large language models in developmental and clinical research”). XXVI National Congress of the Italian Association of Psychology, Clinical and Dynamic Psychology Section, Palermo, Italy, 17–19 September.
6. **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. Symposium paper. XXV National Congress of the Italian Association of Psychology, Clinical and Dynamic Psychology Section, Perugia, Italy, 17–20 September.

7. **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. Symposium paper. XXV National Congress of the Italian Association of Psychology, Clinical and Dynamic Psychology Section, Perugia, Italy, 17–20 September.
8. **Benzi, I. M. A.**, Locati, F., & Valadé, S. (2024). Salute in Mente. Comprendere, raccontare e promuovere la salute mentale in adolescenza [Health in Mind: Understanding, narrating and promoting mental health in adolescence]. Oral presentation, session on research projects funded by SPR Italy. XV National Congress of the Society for Psychotherapy Research, Italy Area Group, Naples, Italy, 7–9 November.
9. Muzi, L., Tavoloni, V., **Benzi, I. M. A.**, Franco, A., & Rugo, M. A. (2024). The interplay between anger, depression, and eating disorders core symptoms: A network analysis study. Paper. XV National Congress of the Society for Psychotherapy Research, Italy Area Group, Naples, Italy, 7–9 November.
10. Locati, F., **Benzi, I. M. A.**, & Parolin, L. (2024). Mentalization and epistemic trust, mistrust, and credulity in psychopathological risk in adolescence. Paper. XXIV National Congress of the Italian Association of Psychology, Clinical and Dynamic Psychology Section, Salerno, Italy, 12–16 September.
11. **Benzi, I. M. A.**, & Ensink, K. (2023). Unpacking the p-factor. Maladaptive personality traits and general psychopathology in adolescence. Symposium paper, and symposium convenor ("Dimensional models of psychopathology in adolescence and emerging adulthood. Personality, mentalization, and internalizing and externalizing features"). XXIII National Congress of the Italian Association of Psychology, Clinical and Dynamic Psychology Section, Florence, Italy, 14–17 September.
12. **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. Symposium paper. XXX National Congress of the Italian Association of Psychology (all sections), Padua, Italy, 27–30 September.
13. **Benzi, I. M. A.**, Fontana, A., & Di Pierro, R. (2021). Emerging personality in adolescence: Dimensional perspectives. Symposium paper. XXII National Congress of the Italian Association of Psychology, Clinical and Dynamic Psychology Section, Lecce, Italy, 16–20 September.
14. Di Sarno, M., & **Benzi, I. M. A.** (2019). Grandiose and ashamed: Trait narcissism and its relation to daily shame. Poster. XXI National Congress of the Italian Association of Psychology, Clinical and Dynamic Psychology Section, Milan, Italy, 27–29 September.
15. **Benzi, I. M. A.**, Preti, E., Di Pierro, R., Sarno, I., Fontana, A., & Madeddu, F. (2017). Indagare la personalità patologica in adolescenza: dimensioni di funzionamento e outcomes disadattivi [Investigating personality pathology in adolescence: Dimensions of functioning and maladaptive outcomes]. Symposium paper. XII AGIPPsA Conference, University of Milano-Bicocca, Milan, Italy, 20–21 October.
16. **Benzi, I. M. A.**, & Madeddu, F. (2016). Body talk: Personality organization and somatic symptoms in adolescence. Poster. XVIII National Congress of the Italian Association of Psychology, Clinical and Dynamic Psychology Section, Rome, Italy, 16–18 September.

PROFESSIONAL MEMBERSHIPS

Society for Psychotherapy Research (SPR)	2023–present
International Society of Transference-Focused Psychotherapy (ISTFP)	2018–present
International Society for the Study of Personality Disorders (ISSPD); member of the Global Alliance for Prevention and Early Intervention for Borderline Personality Disorder (GAP)	2017–present
Italian Association of Psychology (AIP), Clinical and Dynamic Psychology Section	2016–present