CRISTINA ZARBO, Ph.D.

ASSOCIATE PROFESSOR OF DYNAMIC PSYCHOLOGY

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Curriculum Vitae – Brief Version

PROFESSIONAL PROFILE

Cristina Zarbo is Associate Professor of Dynamic Psychology (PSIC-04/A) at the Department of Psychology, University of Milano-Bicocca. She is a psychologist and researcher whose work addresses the psychological, clinical and relational dimensions of health and illness. Her research has focused in particular on chronic and oncological conditions, endometriosis, hereditary cancer risk, reproductive experiences and parenting, as well as psychotherapy processes and outcomes and mental health.

Her research adopts an integrated clinical and health psychology perspective and includes observational, longitudinal, mixed-method and qualitative approaches. Across her projects, she investigates individual and relational factors associated with psychological distress, quality of life, adaptation to illness and care pathways. She has collaborated with universities, hospitals, IRCCS institutions and multidisciplinary research groups at national and international level.

PROFESSIONAL EXPERIENCE

May 2026–present | Associate Professor of Dynamic Psychology (PSIC-04/A)

Department of Psychology, University of Milano-Bicocca, Milan, Italy

May 2023–April 2026 | Fixed-Term Researcher, Type B (RTD-B), in Dynamic Psychology (PSIC-04/A)

Department of Psychology, University of Milano-Bicocca, Milan, Italy

October 2019–December 2022 | Research Collaboration Appointment

IRCCS Istituto Centro San Giovanni di Dio Fatebenefratelli, Brescia, Italy

October 2018–September 2019 | Research Fellow – Clinical and Dynamic Psychology (SC 11/E4)

Department of Human and Social Sciences, University of Bergamo, Bergamo, Italy

June 2014–September 2015 | Research Fellow – Clinical and Dynamic Psychology (SC 11/E4)

Human Technology for Healthcare (HTH) University Centre, University of Bergamo, Bergamo, Italy

EDUCATION AND QUALIFICATIONS

April 2019 | Ph.D. in Human Capital Formation and Labour Relations – Clinical Psychology curriculum

University of Bergamo, Italy

September 2012 | Master's Degree in Clinical Psychology.

Department of Human and Social Sciences, University of Bergamo, Bergamo, Italy

September 2010 | Bachelor's Degree in Psychological Sciences and Techniques of Interpersonal Relationships and Social Organisations (Class L-34).

University of Bergamo, Bergamo, Italy

July 2007 | Secondary School Diploma – Linguistic Studies.

Istituto Magistrale Statale "F. Crispi", Ribera, Agrigento, Italy

TEACHING EXPERIENCE

2025/2026-2026/2027 | Hospital Psychology Laboratory

University of Milano-Bicocca, Milan, Italy

2023/2024–2025/2026-2026/2027 | Dynamic Psychology of Groups and Organisations

University of Milano-Bicocca, Milan, Italy

2019–2022 | Computer Science and Statistics (practical classes)

University of Bergamo, Bergamo, Italy

2019–2022 | Psychometrics (practical classes)

University of Bergamo, Bergamo, Italy

2020–2022 | Fundamentals of Psychometrics and Data Analysis (practical classes)

University of Bergamo, Bergamo, Italy

2019 | Multidimensional Assessment of Patients with Chronic Pain: Tools and Methods

Second-Level Master's Programme in Multidimensional Psychological Assessment and Change-Oriented Techniques, University of Bergamo, Bergamo, Italy

2018–2019 | Theory and Techniques of Clinical Interviewing (practical classes and tutoring)

University of Bergamo, Bergamo, Italy

2014 | Managing Work Groups, Promoting Pathways and Communicating Results in Health and Social Care

Doces – Centre for Social and Health Studies, Centro Don Orione, Bergamo, Italy

2013 | Psychodiagnostics in Cardiology (workshop)

University of Bergamo, Bergamo, Italy

2013 | Psychocardiology: Psychologists' Activities in Preventive and Rehabilitation Cardiology (workshop)

University of Bergamo, Bergamo, Italy

RESEARCH PROJECTS

2026-present | IBISCO – Social Inequalities and Breast Cancer: Prevention, Diagnosis and Treatment

2024–present | TI-GENERO – Assessment of Parenting and Psychological Well-being Following Medically Assisted Reproduction

2024–present | ENDORSE – Parents Living with Chronic Pain: A Multidimensional Longitudinal Study of Psychological and Relational Aspects

2024–present | PRENDOTE – "I Take Care of You": An Observational Study of the Psychological and Relational Dimensions of Partners of Women Diagnosed with Endometriosis

2024–present | PSYCARE – Evaluation of the Impact and Cost-Effectiveness of the Italian Ministry of Health's "Psychological Bonus" Initiative

2024–present | STAY-SAFE – Quality of Life and Psychological, Cognitive, Behavioural and Relational Implications in Women at Risk of Developing a Gynaecological Cancer

2021–2023 | COMIT Project – Monitoring Knowledge, Risk Perception, Preventive Behaviours and Trust for an Effective Pandemic Response

2019–2023 | DIAPASON Project – Daily Time Use, Physical Activity, Quality of Care and Interpersonal Relationships in People with Schizophrenia Spectrum Disorders: A Multicentre Italian Study

2019–2022 | ProQoL Project – Quality of Life in Patients Eligible for Prophylactic Gynaecological Surgery

2019 | Becoming Parents after a Woman's Cancer Diagnosis: Effects on the Psychological Well-being of New Parents and the Parent–Child Dyad

2018–2019 | LIGHT4LIFE Project – Psychological Interventions for the Prevention of Anxiety and Depression

2018 | Assessment of Parenting, Reflective Functioning and Well-being in New Parents Who Used Egg Donation: An Observational Study

2017–2018 | Assessment of Mental Health and Quality of Life in Women with Endometriosis: An Observational Study

2017–2018 | Emotional Competences in Patients with Takotsubo Cardiomyopathy

2016–2017 | Italian Validation of the Personal Style of the Therapist Questionnaire (PST-Q)

2014–2020 | Psychotherapy Process and Outcomes in Patients with Binge Eating Disorder

2014–2016 | SMART AGING Project – A Service Platform for Collecting and Processing Personal Data to Extend Active Life and Improve Well-being, Care and Prevention in Older Adults

2014 | KIDSCREEN Project – Well-being and Psychological Distress in Adolescents and Their Families

PUBLICATIONS and CONFERENCE PRESENTATIONS

Peer-reviewed journal articles: 79 publications

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H-index: 20

Total citations: 1,800

Scientific output includes 67 peer-reviewed journal articles, 11 book chapters and contributions, and 13 conference contributions. The complete list of publications and conference contributions is provided in the attached appendix (*Appendix – List of Scientific Publications and Conference Contributions*).

ACADEMIC QUALIFICATIONS, MEMBERSHIPS AND PROFESSIONAL REGISTRATION

2025–present | Member, Italian Society of Health Psychology (Società Italiana di Psicologia della Salute), Italy

2019–2028 | Italian National Scientific Qualification (Abilitazione Scientifica Nazionale, ASN), Second Tier, Competition Sector 11/E4

2019–present | Member, Italian Association of Psychology (AIP), Clinical and Dynamic Psychology Section

2019–2024 | Member, Society for Psychotherapy Research (SPR)

2017–present | Registered Psychologist, Section A, Lombardy Register of Psychologists

Registration number: 03/17017

EDITORIAL ACTIVITIES

2021–present | **Editorial Board Member**

Global Women's Health

2013–present | **Ad hoc Reviewer for Scientific Journals**

Ad hoc reviewer for international peer-reviewed scientific journals in the fields of clinical psychology, health psychology, and psychological research

I authorize the processing of my personal data contained in this curriculum vitae in accordance with Regulation (EU) 2016/679 (General Data Protection Regulation – GDPR), for the purposes related to the evaluation of my professional qualifications and experience.

Milan, 18/11/2026

Cristina Zarbo, Ph.D.
Department of Psychology
University of Milano-Bicocca

Appendix – List of Scientific Publications, Book Chapter and Conference Contributions

Peer-reviewed journal articles

1. Benzi, I, 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*. https://doi.org/10.1007/s10597-026-01657-y

2. Lo Coco, G, Kivlighan, D, Benzi, I, **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*, 1–13. https://doi.org/10.1080/10503307.2026.2632043

3. Martinelli, A, Leone, S, Baronio, C, Archetti, D, (...)**, Zarbo, C,** (...) D'Elia, P (2025). Sex differences in schizophrenia spectrum disorders: insights from the DiAPAson study using a data-driven approach. *Social Psychiatry And Psychiatric Epidemiology*, 60(8), 1983–1997. https://doi.org/10.1007/s00127-025-02855-x

4. Benzi, I, La Tona, A, **Zarbo, C**, Compare, A, Di Nuovo, S, Lazzari, D, Lingiardi, V, 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(15). https://doi.org/10.1016/j.jad.2025.119390

5. **Zarbo, C**, Stolarski, M, Martella, D, Toffol, E, De Girolamo, G (2025). Time Perspective Matters for Working Alliance in Schizophrenia Care: Insights from the DiAPAson Project. *Clinical Psychology & Psychotherapy*, 32(5). https://doi.org/10.1002/cpp.70151

6. Martinelli, A., D'Addazio, M., Zamparini, M., Thornicroft, G., Torino, G., **Zarbo, C.,** Rocchetti, M., Starace, F., Casiraghi, L., Ruggeri, M., & De Girolamo, G. (2025). Corrigendum: Needs for care of residents with schizophrenia spectrum disorders and association with daily activities and mood monitored with experience sampling method: The DIAPASON study. *Epidemiology and Psychiatric Sciences*, 32, e18. https://doi.org/10.1017/S2045796023000124

7. **Zarbo, C**, Fruscio, R, Brugnera, A, Strepparava, M, Secomandi, R, Malandrino, C, Celi, C, Sina, F, Tessitore, I, Dessi, V, Ventura, M, Compare, A, Frigerio, L (2024). An exploration of body image distress in women who underwent a prophylactic bilateral salpingo-oophorectomy (PBSO). *Current Psychology*, 43(10), 8752–8759. https://doi.org/10.1007/s12144-023-04991-6

8. **Zarbo, C**, Brugnera, A, Frigerio, L, Secomandi, R, Bellia, A, Betto, E, Candeloro, I, Malandrino, C, Compare, A (2024). Catastrophizing moderates the relationship between pain severity and depressive symptomatology among women with endometriosis. *Psychology, Health & Medicine*, 29(5), 917–929. https://doi.org/10.1080/13548506.2023.2235737

9. **Zarbo, C**, Zamparini, M, Patrono, A, Calini, C, Harvey, P, Casiraghi, L, Clerici, M, Malvezzi, M, Rocchetti, M, Starace, F, de Girolamo, G (2024). Ecological monitoring of emotional intensity, variability, and instability in individuals with schizophrenia spectrum disorders: Results of a multicentre study. *International Journal Of Methods In Psychiatric Research*, 33(1). https://doi.org/10.1002/mpr.1992

10. Martinelli, A, Moncalieri, G, Zamparini, M, Alessandri, G, Vittorio Caprara, G, Castelnuovo, G, Rocchetti, M, Starace, F, **Zarbo, C**, de Girolamo, G (2024). Positivity, daily time use, mood, and functioning in patients with schizophrenia spectrum disorders: Results from the diapason multicentric study. *International Journal Of Social Psychiatry*, 70(2), 319–329. https://doi.org/10.1177/00207640231212868

11. Fusar-Poli, L, Panariello, F, Berry, K, Rocchetti, M, Casiraghi, L, Malvezzi, M, Starace, F, Zamparini, M, **Zarbo, C,** de Girolamo, G (2024). Working alliance in treating staff and patients with Schizophrenia Spectrum Disorder living in Residential Facilities. *The British Journal of Clinical Psychology*, 63(2), 156–177. https://doi.org/10.1111/bjc.12450

12. **Zarbo, C**, Zamparini, M, Killaspy, H, Baldini, V, Patrono, A, Malvezzi, M, Casiraghi, L, Rocchetti, M, Starace, F, de Girolamo, G (2023). Daily Time Use Among Individuals With Schizophrenia Spectrum Disorders and Unaffected Controls: Results From the DiAPAson Multicentric Project. *Psychiatric Rehabilitation Journal*, 46(4), 322–334. https://doi.org/10.1037/prj0000576

13. **Zarbo, C**, Compare, A, Frigerio, L, Secomandi, R, Bellia, A, Betto, E, Candeloro, I, Dessi, V, Malandrino, C, Peduzzi, C, Ventura, M, Brugnera, A (2023). Going beyond the surface: a mixed-method exploration of infertility-related quality of life of women with endometriosis. *Psychology, Health & Medicine*, 28(10), 2832–2847. https://doi.org/10.1080/13548506.2022.2159456

14. **Zarbo, C**, Stolarski, M, Zamparini, M, Damiani, S, Casiraghi, L, Rocchetti, M, Starace, F, de Girolamo, G (2023). Time perspective affects daily time use and daily functioning in individuals with Schizophrenia Spectrum Disorders: Results from the multicentric DiAPAson study. *Journal of Psychiatric Research*, 160, 93–100. https://doi.org/10.1016/j.jpsychires.2023.02.012

15. Mayeli, A, Lagoy, A, Smagula, S, Wilson, J, **Zarbo, C**, Rocchetti, M, Starace, F, Zamparini, M, Casiraghi, L, Calza, S, Rota, M, D'Agostino, A, de Girolamo, G, Martinelli, A, Nibbio, G, Pelizza, L, Pessina, R, Placenti, R, Silva, A, Ferrarelli, F (2023). Shared and distinct abnormalities in sleep-wake patterns and their relationship with the negative symptoms of Schizophrenia Spectrum Disorder patients. *Molecular Psychiatry*, 28(5), 2049–2057. https://doi.org/10.1038/s41380-023-02050-x

16. Li, T, de Girolamo, G, Zamparini, M, Malvezzi, M, Candini, V, Calamandrei, G, Starace, F, **Zarbo, C**, Gotz, F (2023). Openness buffers the impact of Belief in Conspiracy Theories on COVID-19 vaccine hesitancy: Evidence from a large, representative Italian sample. *Personality And Individual Differences*, 208. https://doi.org/10.1016/j.paid.2023.112189

17. Martinelli, A, D'Addazio, M, Zamparini, M, Thornicroft, G, Torino, G, **Zarbo, C**, Rocchetti, (...) Zizolfi, S (2023). Needs for care of residents with schizophrenia spectrum disorders and association with daily activities and mood monitored with experience sampling method: the DIAPASON study. *Epidemiology And Psychiatric Sciences*, 32. https://doi.org/10.1017/S2045796023000124

18. Oliva, V, Fanelli, G, Zamparini, M, Zarbo, C, Rocchetti, M, Casiraghi, L, Starace, F, Martinelli, A, Serretti, A, de Girolamo, G (2023). Patterns of antipsychotic prescription and accelerometer-based physical activity levels in people with schizophrenia spectrum disorders: a multicenter, prospective study. *International Clinical Psychopharmacology*, 38(1), 28–39. https://doi.org/10.1097/YIC.0000000000000433

19. Candini, V, Brescianini, S, Chiarotti, F, **Zarbo, C,** Zamparini, M, Caserotti, M, Gavaruzzi, T, Girardi, P, Lotto, L, Tasso, A, Starace, F, Calamandrei, G, de Girolamo, G (2023). Conspiracy mentality and health-related behaviour during the COVID-19 pandemic: a multiwave survey in Italy. *Public Health*, 214, 124–132. https://doi.org/10.1016/j.puhe.2022.11.005

20. Brugnera, A, **Zarbo, C**, Scalabrini, A, Compare, A, Mucci, C, Carrara, S, Tasca, G, Hewitt, P, Greco, A, Poletti, B, Esposito, R, Cattafi, F, Zullo, C, Lo Coco, G (2023). Attachment anxiety, reflective functioning and well-being as predictors of burn-out and psychological distress among psychotherapists: A longitudinal study. *Clinical Psychology & Psychotherapy*, 30(3), 587–598. https://doi.org/10.1002/cpp.2823

21. D'Anna, G*, **Zarbo, C*,** Cardamone, G, Zamparini, M, Calza, S, Rota, M, Correll, C, Rocchetti, M, Starace, F, de Girolamo, G, Barlati, S, Baroncelli, A, Besana, F, Boero, M, Clerici, M, Di Michele, V, Durbano, F, Foia, M, Impicci, S, Jacoponi, F, Leuci, E, Malagamba, D, Marina, M, Martinelli, A, Monzani, E, Nappi, G, Piccicacchi, B, Placenti, R, Rippa, A, Tura, G, Zizolfi, S (2023). Interplay between negative symptoms, time spent doing nothing, and negative emotions in patients with schizophrenia spectrum disorders: results from a 37-site study. *Schizophrenia*, 9(1). https://doi.org/10.1038/s41537-023-00372-x. *equal contribution.

22. **Zarbo, C**, Rota, M, Calza, S, Crouter, S, Ekelund, U, Barlati, S, Bussi, R, Clerici, M, Placenti, R, Paulillo, G, Pogliaghi, S, Rocchetti, M, Ruggeri, M, Starace, F, Zanolini, S, Zamparini, M, De Girolamo, G (2023). Ecological monitoring of physical activity, emotions and daily life activities in schizophrenia: The DiAPAson study. *BMJ Mental Health*, 26(1). https://doi.org/10.1136/bmjment-2023-300836

23. Damiani, S, **Zarbo, C**, Stolarski, M, Zamparini, M, Casiraghi, L, Rocchetti, M, Starace, F, Fusar-Poli, P, de Girolamo, G (2023). Time will tell: Associations between unbalanced time perspectives and symptom severity in individuals with schizophrenia spectrum disorders. *Schizophrenia Research*, 261, 116–124. https://doi.org/10.1016/j.schres.2023.09.016

24. Zuffiano, A, Caprara, G, Zamparini, M, Calamandrei, G, Candini, V, Malvezzi, M, Scherzer, M, Starace, F, **Zarbo, C**, de Girolamo, G (2023). The Role of 'Positivity' and Big Five Traits during the COVID-19 Pandemic: An Italian National Representative Survey. *Journal Of Happiness Studies*, 24(8), 2813–2830. https://doi.org/10.1007/s10902-023-00705-8

25. **Zarbo, C,** Zamparini, M, Nielssen, O, Casiraghi, L, Rocchetti, M, Starace, F, de Girolamo, G, Collaborators, D (2023). Comparing Adherence to the Experience Sampling Method Among Patients With Schizophrenia Spectrum Disorder and Unaffected Individuals: Observational Study From the Multicentric DiAPAson Project. *JMIR. Journal Of Medical Internet Research*, 25. https://doi.org/10.2196/42093

26. Remondi, C, Compare, A, Tasca, G, Lo Coco, G, Chiozza, V, Favini, A, Carrara, S, Greco, A, Poletti, B, **Zarbo, C,** Brugnera, A (2022). The Effects of Attachment, Temperament, and Self-Esteem on Technology Addiction: A Mediation Model among Young Adults. *Cyberpsychology, Behavior And Social Networking*, 25(4), 258–263. https://doi.org/10.1089/cyber.2021.0237

27. De Girolamo, G, Ferrari, C, Candini, V, Buizza, C, Calamandrei, G, Caserotti, M, Gavaruzzi, T, Girardi, P, Habersaat, K, Lotto, L, Scherzer, M, Starace, F, Tasso, A, Zamparini, M, **Zarbo, C** (2022). Psychological well-being during the COVID-19 pandemic in Italy assessed in a four-waves survey. *Scientific Reports*, 12(1). https://doi.org/10.1038/s41598-022-22994-4

28. **Zarbo, C**, Candini, V, Ferrari, C, D'Addazio, M, Calamandrei, G, Starace, F, Caserotti, M, Gavaruzzi, T, Lotto, L, Tasso, A, Zamparini, M, de Girolamo, G (2022). COVID-19 Vaccine Hesitancy in Italy: Predictors of Acceptance, Fence Sitting and Refusal of the COVID-19 Vaccination. *Frontiers In Public Health*, 10. https://doi.org/10.3389/fpubh.2022.873098

29. Caserotti, M, Gavaruzzi, T, Girardi, P, Tasso, A, Buizza, C, Candini, V, **Zarbo, C**, Chiarotti, F, Brescianini, S, Calamandrei, G, Starace, F, de Girolamo, G, Lotto, L (2022). Who is likely to vacillate in their COVID-19 vaccination decision? Free-riding intention and post-positive reluctance. *Preventive Medicine*, 154. https://doi.org/10.1016/j.ypmed.2021.106885

30. **Zarbo, C**, Agosta, S, Casiraghi, L, De Novellis, A, Leuci, E, Paulillo, G, Rocchetti, M, Starace, F, Zamparini, M, de Girolamo, G (2022). Assessing adherence to and usability of Experience Sampling Method (ESM) and actigraph in patients with Schizophrenia Spectrum Disorder: A mixed-method study. *Psychiatry Research*, 314. https://doi.org/10.1016/j.psychres.2022.114675

31. **Zarbo, C**, Brugnera, A, Compare, A, Malandrino, C, Candeloro, I, Secomandi, R, Betto, E, Bellia, A, Rabboni, M, Bondi, E, Frigerio, L (2022). Psychological and cognitive factors implicated in pain experience in women with endometriosis. *Health Care For Women International*, 43(1), 142–159. https://doi.org/10.1080/07399332.2021.1959592

32. **Zarbo, C**, Brugnera, A, Frigerio, L, Celi, C, Compare, A, Dessì, V, Giordano, R, Malandrino, C, Sina, F, Strepparava, M, Tessitore, I, Ventura, M, Fruscio, R (2022). Cancer Anxiety Mediates the Association Between Satisfaction With Medical Communication and Psychological Quality of Life After Prophylactic Bilateral Salpingo-Oophorectomy. *Frontiers In Psychology*, 13. https://doi.org/10.3389/fpsyg.2022.840931

33. Martinelli, A, Killaspy, H, **Zarbo, C**, Agosta, S, Casiraghi, L, Zamparini, M, Starace, F, Rocchetti, M, De Girolamo, G, Ruggeri, M (2022). Quality of residential facilities in Italy: satisfaction and quality of life of residents with schizophrenia spectrum disorders. *BMC Psychiatry*, 22(1). https://doi.org/10.1186/s12888-022-04344-w

34. Bikbov, B, Tettamanti, M, Bikbov, A, D'Avanzo, B, Galbussera, A, Nobili, A, Calamandrei, G, Candini, V, Starace, F, **Zarbo, C**, de Girolamo, G (2022). Willingness to share contacts in case of COVID-19 positivity-predictors of collaboration resistance in a nation-wide Italian survey. *Plos One*, 17(9). https://doi.org/10.1371/journal.pone.0274902

35. Brugnera, A, **Zarbo, C,** Compare, A, Talia, A, Tasca, G, De Jong, K, Greco, A, Greco, F, Pievani, L, Auteri, A, Lo Coco, G (2021). Self-reported reflective functioning mediates the association between attachment insecurity and well-being among psychotherapists. *Psychotherapy Research*, 31(2), 247–257. https://doi.org/10.1080/10503307.2020.1762946

36. De Girolamo, G, Barattieri di San Pietro, C, Bulgari, V, Dagani, J, Ferrari, C, Hotopf, M, Iannone, G, Macis, A, Matcham, F, Myin‐germeys, I, Rintala, A, Simblett, S, Wykes, T, **Zarbo, C** (2020). The acceptability of real‐time health monitoring among community participants with depression: A systematic review and meta‐analysis of the literature. *Depression And Anxiety*, 37(9), 885‐897. https://doi.org/10.1002/da.23023

37. De Girolamo, G, Bellelli, G, Bianchetti, A, Starace, F, Zanetti, O, **Zarbo, C**, Micciolo, R (2020). Older People Living in Long-Term Care Facilities and Mortality Rates During the COVID-19 Pandemic in Italy: Preliminary

Epidemiological Data and Lessons to Learn. *Frontiers In Psychiatry*, 11. https://doi.org/10.3389/fpsyt.2020.586524

38. Brugnera, A, **Zarbo, C**, Farina, B, Picardi, A, Greco, A, Lo Coco, G, Tasca, G, Carlucci, S, Auteri, A, Greco, F, Compare, A (2019). Psychometric properties of the Italian version of the Experience in Close Relationship Scale 12 (ECR-12): An exploratory structural equation modeling study. *Research In Psychotherapy*, 22(3), 421–434. https://doi.org/10.4081/ripppo.2019.392

39. Borelli, J, Brugnera, A, **Zarbo, C**, Rabboni, M, Bondi, E, Tasca, G, Compare, A (2019). Attachment comes of age: adolescents' narrative coherence and reflective functioning predict well-being in emerging adulthood. *Attachment & Human Development*, 21(4), 332–351. https://doi.org/10.1080/14616734.2018.1479870

40. **Zarbo, C**, Brugnera, A, Compare, A, Secomandi, R, Candeloro, I, Malandrino, C, Betto, E, Trezzi, G, Rabboni, M, Bondi, E, Frigerio, L (2019). Negative metacognitive beliefs predict sexual distress over and above pain in women with endometriosis. *Archives Of Womens Mental Health*, 22(5), 575–582. https://doi.org/10.1007/s00737-018-0928-9

41. **Zarbo, C**, Brugnera, A, Dessi, V, Barbetta, P, Candeloro, I, Secomandi, R, Betto, E, Malandrino, C, Bellia, A, Trezzi, G, Rabboni, M, Compare, A, Frigerio, L (2019). Cognitive and Personality Factors Implicated in Pain Experience in Women With Endometriosis A Mixed-Method Study. *The Clinical Journal Of Pain*, 35(12), 948–957. https://doi.org/10.1097/AJP.0000000000000757

42. Brugnera, A, **Zarbo, C**, Tarvainen, M, Carlucci, S, Tasca, G, Adorni, R, Auteri, A, Compare, A (2019). Higher levels of Depressive Symptoms are Associated with Increased Resting-State Heart Rate Variability and Blunted Reactivity to a Laboratory Stress Task among Healthy Adults. *Applied Psychophysiology And Biofeedback*, 44(3), 221–234. https://doi.org/10.1007/s10484-019-09437-z

43. **Zarbo, C**, Brugnera, A, Secomandi, R, Candeloro, I, Malandrino, C, Betto, E, Bellia, A, Rabboni, M, Bondi, E, Frigerio, L, Compare, A (2019). Quality of Life and Mental Health of Infertile Women Affected by Endometriosis: A Narrative Review. *Current Women's Health Reviews*, 15(4), 238–244. https://doi.org/10.2174/1573404815666190405112419

44. Maxwell, H, Compare, A, Brugnera, A, **Zarbo, C**, Rabboni, M, Dalle Grave, R, Tasca, G (2018). Reflective functioning and growth in therapeutic alliance during emotionally focused group therapy for binge-eating disorder. *Group Dynamics*, 22(1), 32–44. https://doi.org/10.1037/gdn0000078

45. Compare, A, Maxwell, H, Brugnera, A, **Zarbo, C**, Dalle Grave, R, Tasca, G (2018). Change in Attachment Dimensions and Reflective Functioning Following Emotionally Focused Group Therapy for Binge Eating Disorder. *International Journal Of Group Psychotherapy,* 68(3), 385–406. https://doi.org/10.1080/00207284.2018.1429928

46. Compare, A, Brugnera, A, Spada, M, **Zarbo, C**, Tasca, G, Sassaroli, S, Caselli, G, Ruggiero, G, Wittstein, I (2018). The Role of Emotional Competence in Takotsubo Cardiomyopathy. *Psychosomatic Medicine*, 80(4), 377–384. https://doi.org/10.1097/PSY.0000000000000564

47. Ebert, D., Van Daele, T., Nordgreen, T., Karekla, M., Compare, A., **Zarbo, C**., Brugnera, A., Øverland, S., Trebbi, G., Jensen, K., Kaehlke, F., & Baumeister, H. (2018). Erratum: Internet and mobile-based psychological

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Conference contributions

1. **Zarbo, C,** Locatelli, A, Inzoli, A, Abbamondi, A, Fruscio, R (2026). Early Relational Experiences and Prenatal Attachment in Endometriosis: The Role of Childhood Trauma and Parental Bonding. Presented at XXVI Congresso Nazionale AIP di Scienze di Psicologia Clinica e Dinamica - 17 -19 Settembre 2026, Palermo, Italia.

2. Benzi, I, **Zarbo, C**, Latona, A, Lingiardi, V, Parolin, L, Lo Coco, G (2025). Emotional regulation process in psychotherapy: findings from the PSYCARE study. Presented at SPR 56th International Annual Meeting - June 25-28 2025, The Jagiellonian University, Kraków, Poland.

3. D'Ambrosio, S, Tonoli, F, **Zarbo, C**, Martella, D, De Girolamo, G, D'Agostino, A, Consortium, T (2025). Temporal Perception Fragmentation in Schizophrenia. Presented at 28th Annual Meeting of the Association for the Scientific Study of Consciousness (ASSC 2025) - 6-9 July 2025, Heraklion, Crete.

4. Carnevale, M, Caselani, E, **Zarbo, C**, Martinelli, A, Martella, D, De Girolamo, G, Calza, S, Collaborators, D (2025). Unveiling the Dynamics of Physical Activity and Mood in Schizophrenia Spectrum Disorders: A Bayesian Approach from the Multicentric DiAPAson Project. In 2025: XIIIth SISMEC National Congress - Book of Abstracts.

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10. Mayeli, A, Lagoy, A, Smagula, S, Wilson, J, **Zarbo, C**, Rocchetti, M, Starace, F, Zamparini, M, Casiraghi, L, Calza, S, Rota, M, de Girolamo, G, Ferrarelli, F (2022). Shared and Unique Abnormalities in Sleep and Rest-Activity Rhythms in Residential and Outpatient Schizophrenia Spectrum Disorder Patients. In ABSTRACTS COLLECTION ACNP 61st Annual Meeting: Poster Abstracts (pp. 392–392).

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