

## PERSONAL INFORMATION Mirella Ruggeri

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Sex FEMALE | 21/08/1957 | Italian

of Department of Public Health and Community Medicine, University of Verona, Italy (1992-present)

| Enterprise   | University   | EPR   |
|--|--|---|
| <input checked="" type="checkbox"/> Management Level | <input checked="" type="checkbox"/> Full professor   | <input type="checkbox"/> Research Director and 1st level Technologist / First Researcher and 2nd level Technologist |
| <input type="checkbox"/> Mid-Management Level        | <input type="checkbox"/> Associate Professor   | <input type="checkbox"/> Level III Researcher and Technologist  |
| <input type="checkbox"/> Employee / worker level     | <input type="checkbox"/> Researcher and Technologist of IV, V, VI and VII level / Technical collaborator | <input type="checkbox"/> Researcher and Technologist of IV, V, VI and VII level / Technical collaborator            |

## WORK EXPERIENCE

|                      |   |
|----------------------|---|
| From 1999 to present | <b>Full Professor of Psychiatry</b> Department of Neuroscience, Biomedicine and Movement Sciences, University of Verona, WHO Collaborating Centre for Research and Training in Mental Health and Service Evaluation Verona, Italy |
| From 2013 to present | <b>Director of the Psychiatric Clinic of the University of Verona</b><br>Director of the South Verona Community based Mental Health Service   |
| From 2013 to present | <b>Head of the Section of Psychiatry</b> , University of Verona   |
| From 2008 to 2015    | <b>Deputy Director Department Public Health and Community Medicine</b>  |
| From 2013 to 2016    | <b>Director of the Department of Mental Health in Verona</b>  |
| From 2004 to 2014    | <b>Director of the Service of Psychosomatic and Clinical Psychology</b> , Section of Psychiatry, University of Verona, Verona)  |
| From 2011 to 2020    | <b>Director of the Specialization School in Psychiatry</b> , University of Verona   |
| From 2003 to 2007    | <b>President</b><br>Italian Society of Psychiatric Epidemiology   |
| From 2008 to 2015    | <b>President</b><br>European Network for Mental Health Service Evaluation (ENMESH)  |
| From 2019 to present | <b>Member of the Board of the European Association of Psychosomatic Medicine (EAPM)</b>   |
| From 2020 to present | <b>President</b><br>International Federation of Psychiatric Epidemiology (IFPE)   |
| From 2021 to present | <b>National Secretary of the Italian Board of Full Professors in Psychiatry</b>   |

## EDUCATION AND TRAINING

|      |   |
|------|---|
| 1982 | PhD in Psychiatry, University of Verona               |
| 1992 | Degree in Medicine and Surgery, University of Bologna |

## PERSONAL SKILLS

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|------------------------------------|--|
| Mother tongue(s)                   | Italian  |
| Other language(s)                  | English and proficiency Level c2 in reading writing and speaking   |
| Higher Education & Training skills | <p>I have organised several training courses in Italy and abroad. Director of a UK/Italy International Summer School, Health Service, Health System and Implementation Research in Mental Health, 2018</p> <p>Director of a Master on "Evidence-based therapeutic approaches and assessment methods for prevention and early intervention in mental health". From 2019 to Present</p>  |
| Project Management Skills          | <p>(May 1984-October 1988);Research Fellow at the "Neurochemistry Unit", Department of Physiology, University of Modena, Italy</p> <p>Visiting scientist at the Department of Pharmacology and at the Department of Histology and Neurobiology at Karolinska Institutet, Stockholm, Sweden (April 1985 - March 1986);</p> <p>Visiting scientist at the Institute of Psychiatry, University of San Francisco and at the Institute for Epidemiology and Behavioural Medicine, Berkley, USA (March-April 1992);</p> <p>Visiting scientist at the Institute of Psychiatry, King's College, London (October-November 1996). Honorary Academic Visitor at the Institute of Psychiatry, Kings' College, University of London, April 2004-March 2007.</p> <p>Visiting scientist for shorter periods in these and others scientific institutions. Currently collaborating with various research groups.</p> |

## ADDITIONAL INFORMATION

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|--------------------------|--|
| Publication Track record | <p>44 H. Index (scopus); citations:16.690.</p> <p>I am listed in the Top Italian Scientists 2021 in the topic "Neurosciences and Psychology"</p> <p>Author of 447 papers in scientific journal, 8 books in Italian concerning psychiatric disorders, specifically psychosis, 2 books in English with the latest on topic of prevention and early psychosis.</p>  |
| Projects                 | <p>1992 coordinator of the south Verona outcome project,</p> <p>1999 Coordinator of the Epsilon study for Italy jointly with Professor G. Thornicroft, King's College</p> <p>2000- 2010,Coordinator of the Psychosis Incident Cohort Outcome Study (PICOS) Funded by the Veneto Region 5000 euro.</p> <p>2008 – 2015-National Coordinator Research Program GET UP – competitive grant - funded by the Ministry of Health with 2million .840 euro (Genetics, Endophenotypes and Treatment: Understanding early Psychosis). The Project's aim consisted in setting up – in the real world routine of community mental health services - specific, evidence-based forms of psychosocial intervention for patients with first-onset psychosis and their family members, and to use a pragmatic randomized, controlled trial to assess the effectiveness and feasibility of these interventions in everyday clinical practice. GET UP data collection has been conducted in 26 Italian Community Mental Health Centres (CMHCs), yielding a total catchment area of approximately 10 million inhabitants thereby.</p> <p>2007 - Joint Project 2007 "Toward a new definition of schizophrenia: the biological basis of a core phenotype", I acted as PI , Co-PI Prof.ssa Tosato) Grant 90.000 euro, to Verona University from GlaxoSmithKline Spa;</p> <p>2010 - Cognitive and behavioural disability in dementia and psychosis. Aim A9: Morphofunctional, cognitive and genetic basis of Major Psychosis; a longitudinal study", competitive Grant CariVerona, I acted as PI with Prof Brambilla, and Prof.ssa Tosato Co-PI) 235.000 euro</p> <p>2015 National Coordinator Cofi – In connection with Queen Mary University of London– 400.000 euro</p> <p>2019 – Coordinator of the Project "building and protect the Future of adolescents"</p> |

2019 –P.I. of the Project : Primary prevention in secondary schools funded by Rotary, 30.000 euro

2021 P.I. Veneto Region, Competitive grant 75. 000 euro Building and protect the future of adolescents and they parents

2021 P.I. Thelemacus Study for Telemedicine pilot study in connection with Oxford - 3500 euro

2021 PI, Socialis, 30.000euro; Supported employment for people with severe mental illness and psychosis

2022: forthcoming - PI Mirella Research Unit for Italy Kings College STEP Trial - planned amount of the Grant: 400.000 euro

#### Selected Publications

1. RUGGERI M, Bonetto C, Lasalvia A, De Girolamo G, Fioritti A, et al. ; A multi-element psychosocial intervention for early psychosis (GET UP PIANO TRIAL) conducted in a catchment area of 10 million inhabitants: study protocol for a pragmatic cluster randomized controlled trial. *Trials*. 2012 May 30;13:73.
2. RUGGERI M, Bonetto C, Lasalvia A, Fioritti A, de Girolamo G, et al.. Feasibility and Effectiveness of a Multi-Element Psychosocial Intervention for First-Episode Psychosis: Results From the Cluster-Randomized Controlled GET UP PIANO Trial in a Catchment Area of 10 Million Inhabitants. *Schizophr Bull*. 2015 Sep;41(5):1192-203
3. Lasalvia A, Tosato S, Brambilla P, Bertani M, Bonetto C, RUGGERI M et al., Psychosis Incident Cohort Outcome Study (PICOS). A multisite study of clinical, social and biological characteristics, patterns of care and predictors of outcome in first-episode psychosis. Background, methodology and overview of the patient sample. *Epidemiol Psychiatr Sci*. 2012 Sep;21(3):281-303.
4. Lasalvia A, Bonetto C, Tosato S, Zanatta G, Cristofalo D, RUGGERI M; et al First-contact incidence of psychosis in north-eastern Italy: influence of age, gender, immigration and socioeconomic deprivation. *Br J Psychiatry*. 2014 Aug;205(2):127-34. doi: 10.1192/bjp.bp.113.134445. Epub 2014 Apr 10. PubMed PMID: 24723631.
5. Tosato S, Bonetto C, Vassos E, Lasalvia A, De Santi K, Gelmetti M, Cristofalo D, Richards A, RUGGERI M, Obstetric Complications and Polygenic Risk Score: Which Role in Predicting a Severe Short-Term Outcome in Psychosis? *Genes (Basel)*. 2021 Nov 26;12(12):1895.
6. Tosato S, Bonetto C, Tomassi S, Zanardini R, Faravelli C, Bruschi C, D'Agostino A, Minelli A, Scocco P, Lasalvia A, Furlato K, Imbesi M, Preti A, RUGGERI M, Gennarelli M; GET UP GROUP, Bocchio-Chiavetto L. Childhood trauma and glucose metabolism in patients with first-episode psychosis. *Psychoneuroendocrinology*. 2020 Mar;113:104536. Epub 2019 Dec 3.
7. Delvecchio G, Caletti E, Perlini C, Siri FM, Andreella A, Finos L, Bellani M, Fabbro F, Lasalvia A, Bonetto C, Cristofalo D, Scocco P, D'Agostino A, Torresani S, Imbesi M, Bellini F, Veronese A, Bressi C, RUGGERI M, Brambilla P; . Altered syntactic abilities in first episode patients: An inner phenomenon characterizing psychosis. *Eur Psychiatry*. 019 Sep;61:119-126. . Epub 2019 Aug 20. PubMed PMID:
8. Bellani M, Boschello F, Delvecchio G, Dusi N, Altamura CA, RUGGERI M, Brambilla P. DTI and Myelin Plasticity in Bipolar Disorder: Integrating Neuroimaging and Neuropathological Findings. *Front Psychiatry*. 2016 Mar 1;7:21.. eCollection 2016. Review. PubMed
9. Squarcina L, Perlini C, Peruzzo D, Castellani U, Marinelli V, Bellani M, Rambaldelli G, Lasalvia A, Tosato S, De Santi K, Spagnoli F, Cerini R, RUGGERI M, Brambilla P. The use of dynamic susceptibility contrast (DSC) MRI to automatically classify patients with first episode psychosis. *Schizophr Res*. 2015 Jun;165(1):38-44.. Epub 2015 Apr 15. PubMed PMID: 25888338.
10. Tomassi S, Tosato S, Mondelli V, Faravelli C, Lasalvia A, Fioravanti G, Bonetto C, Fioritti A, Cremonese C, Lo Parrino R, De Santi K, Meneghelli A, Torresani S, De Girolamo G, Semrov E, Pratelli M, Cristofalo D, RUGGERI M; GET UP Group. Influence of childhood trauma on diagnosis and substance use in first-episode psychosis. *Br J Psychiatry*. 2017 Sep;211(3):151-156. Epub 2017 Jul 20. PubMed PMID: 28729356.



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