

## Diletta Barbiani

### Curriculum Vitae

#### **Personal Data:**

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Born in Rome, December 3<sup>rd</sup>, 1990

Tax Code: BRBDTT90T43H501P

Citizenship: Italy/EU

#### **Scientific Interests**

Neurosciences, Mind-Body fields, Clinical and Social Psychology

#### **Education**

- Master's Degree in Applied Cognitive Psychology (*summa cum laude*) November 2015  
University of Bologna, Department of Psychology  
Dissertation: *The Placebo Effect as a Model to Understand the Physiology of the Doctor-Patient Relationship*
- BA in Psychology (*summa cum laude*) July 2013  
University of Rome 'La Sapienza', School of Medicine and Psychology  
Dissertation: *The Neurobiology of Insomnia*
- Diploma, 'Lucrezio Caro' High School, Rome, with highest grades (100/100) July 2010

#### **Publications**

- Frisaldi E, **Barbiani D**, and Benedetti F (2017). The neurobiology of placebo effects. In: *The Routledge Handbook of Philosophy and Science of Addiction*, Hanna Pickard and Serge Ahmed (Eds). Taylor & Francis ROUTLEDGE, Abingdon UK.
- **Barbiani D** and Benedetti F (2017). Placebo Effect. *Wiley Encyclopedia of Health Psychology Volume IV*. Lee M. Cohen (Ed). John Wiley and Sons, New York, NY.
- Frisaldi E, **Barbiani D**, and Benedetti F (2017). Placebo effects in Psychology. *Oxford Bibliographies*. Oxford University Press, Oxford, UK.
- Benedetti F, **Barbiani D**, and Camerone E (2017). Critical Life Functions: Can Placebo Replace Oxygen? *International Review of Neurobiology*, invited article. Vol XX, ISSN 0074-7742. DOI: 10.1016/bs.irm.2018.01.009.
- Frisaldi E, Carlino E, Zibetti M, **Barbiani D**, Dematteis F, Lanotte M, Lopiano L, and Benedetti F (2017). The placebo effect on bradykinesia in Parkinson's disease with and without prior drug conditioning. *Movement Disorders*, ID: MDS27142. DOI: 10.1002/mds.27142.
- **Barbiani D**, Camerone E, and Benedetti F (2018). What is the relative contribution of biological and psychosocial factors to the generation of hypoxia headache? *Canadian Journal of Pain*. Vol. 00, NO. 00. 1-9. DOI: 10.1080/24740527.2018.1478224.
- Beedie C, Benedetti F, **Barbiani D**, Camerone E, Cohen E, Coleman D, Davis A, Edelsten C, Flowers E, Foad A, Harvey S, Hettinga F, Hurst P, Lane A, Lindheimer J, Raglin J, Roelands B, Schiphof-Godart L, and Szabo Attila (2018). Consensus statement on placebo effects in sports and exercise: The

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need for conceptual clarity, methodological rigour, and the elucidation of neurobiological mechanisms. *European Journal of Sport Science*, in press. DOI: 10.1080/17461391.2018.1496144.

- **Barbiani D**, Camerone E and Benedetti F (2019). The special case of high altitude headache. *Springer*, invited article. In: *Placebo and Nocebos in Headaches, Headache, chap. 5, pp 57-63*. Dimos D Mitsikostas and Fabrizio Benedetti (Eds.). DOI: 0.1007/978-3-030-02976-0\_5.
- Beedie C, Benedetti F, **Barbiani D**, Camerone E, Lindeimer J, Roelands B (2019). Incorporating methods and findings from neuroscience to better understand placebo and nocebo effects in sport. *European Journal of Sports Science*, 1:1-22. DOI: 10.1080/17461391.2019.1675765.
- Benedetti F, Frisaldi E, **Barbiani D**, Camerone E, Shaibani A (2020). Nocebo and the contribution of psychosocial factors to the generation of pain. *Journal of Neural Transmission*, 127(4):687-696. DOI: 10.1007/s00702-019-02104-x.
- Piedimonte A\*, **Barbiani, D\***, Benedetti F, Zamfira DA, and Carlino E. The placebo effect in breath holding: a preliminary behavioral investigation. *Neuroscience Letters*, in press. \* Diletta Barbiani and Alessandro Piedimonte equally contributed to this work.

#### **Research Experience**

- **University of Turin Medical School, Neuroscience Department** *November 2015  
- May 2016*  
Research assistant  
Main Research: Placebo effects in Parkinson's patients  
Clinical Team: Molinette Hospital Neurology Ward
- **Harvard Medical School, Boston MA** *January -*
- **Beth Israel Deaconess Medical Center, Boston, MA** *February 2016*
- **Martinos Center for Biomedical Imaging, Charlestown, MA**
  - Visitor in Program in Placebo Studies and Therapeutic Encounter (PiPs)
  - Presented the research on placebo effects conducted at the University of Turin
- **Center for Hypoxia, Plateau Rosa Labs, Breuil-Cervinia (Italy), Zermatt (Switzerland)** *March 2016  
- to date*  
Research assistant and coordinator  
Main Research: Psychophysiological variables in high altitude medicine  
Scientific Team: Department of Neuroscience, University of Turin Medical School
- **Institute of Medical Psychology and Behavioral Immunobiology, University Clinic Essen, (Germany)** *April -  
May 2016*  
Visitor in Manfred Shedlowski's lab with focus on the neurobiology of placebo and nocebo responses, in particular on the mechanisms of classical Pavlovian/behavioural conditioning of immune e neuroendocrine functions.
- **University of Turin Medical School, Neuroscience Department** *October 2016  
- to date*  
PhD student  
Main Research: Mapping placebo responses across different disorders and conditions

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## Curriculum Vitae

Tutor: Fabrizio Benedetti

Clinical Team: Molinette Hospital Neurology Ward and Department of Neuroscience,  
University of Turin Medical School

- **Stanford University, Psychology Department, Palo Alto, CA**  
Visiting Research Student in Alia Crum's Mind & Body Lab with focus on understanding how subjective mindsets (e.g., thoughts, beliefs, and expectations) can alter objective reality through behavioral, psychological, and physiological mechanisms in the clinical context and in domains such as exercise and diet. *January 2019  
- July 2019*

### Invited lectures, seminars and group discussions

- 07/02/2016: "Teaching neurons to respond to placebos". Seminar held at Harvard Medical School, Cambridge, MA, USA.
- 14/03/2016: "The placebo response in Parkinson's disease". Oral presentation with group discussion held at Plateau Rosà Laboratories, Plateau Rosa, Italy, Switzerland.
- 02/12/2016: "Placebo as doping: is it ethical and legal?". Oral presentation held at the 6<sup>th</sup> I.S.Mu.L.T. Congress, *Advances and new technologies in muscles, ligaments and tendons*, Parma, Italy.
- 04/04/2017: "Differential effects of placebo oxygen on fatigue and pain in hypoxic conditions at high altitude". Oral presentation held at the 1<sup>st</sup> official SIPS conference on placebo studies, Leiden, the Netherlands.
- 8/03/2017; 15/03/2017: "Le basi psicofarmacologiche della terapia". Lectures held for students of the Psychology Department of Turin (Master Course in "Scienze della Mente e del Corpo").
- Feb-April 2017: "Placebo effects at high altitude". Lectures held for PhD students of Neuroscience for the course: "The Brain in Extreme Environments" at the Plateau Rosà Labs, Plateau Rosa, Italy, Switzerland.
- 21/06/2018: "The Placebo Effect on Bradykinesia in Parkinson's Disease with and without prior drug conditioning". Oral presentation held at Jian Kong's lab, Harvard Medical School, Charlestown, Boston, Massachusetts.
- 29/06/2018: "The Placebo Effect on Bradykinesia in Parkinson's Disease with and without prior drug conditioning". Oral presentation held at the NeuroPsicoTo fest festival, Turin, Italy.
- 16/12/2018: "The placebo effect in physical performance and extreme environments". Invited lecture held at the "Capita Selecta" conference, Campus of Savona, Italy.
- 5/09/2019: "New models to understand placebo and nocebo effects: high altitude headache". Invited speaker at the 11<sup>th</sup> Congress of the European Pain Federation EFIC, Valencia, Spain.
- 15/12/2019: "Psychosocial strategies to promote treatment adherence and improve health outcomes". Invited lecture held at the "Capita Selecta" conference, Campus of Savona, Italy.

### Awards

- Travel grant award for poster presentation at the SINS PhD National Meeting, Naples, 24/02/2017.
- Travel grant for the best paper at the SIPS Conference, Leiden, the Netherlands, April 2-4, 2017.
- Roel Gaymans Best oral presentation award, SIPS conference 2017, Leiden, the Netherlands.
- Travel grant for poster abstract submission for the XVII Sins National Congress, Lacco Ameno, Ischia (NA), October 1-4.
- Best Poster Presentation Award, D DAY Conference, Turin, Italy, September 30, 2019.

### Professional Goals

Post-Doc, research and teaching in the areas of scientific interest

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## **Curriculum Vitae**

### **Languages**

Italian: mother tongue

English: fluent, IELTS Certificate (C1)

French: basic

### **Hobbies**

**Sports:** Tennis, running, swimming, skiing

**Arts:** Piano (ABRSM Certificate, Level 6); acting, dancing