



Chiara Bassi

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Date of birth: 03/03/1996 **Nationality:** Italian

WORK EXPERIENCE

[01/10/2023 – Current]

Phd student

University of Verona

City: Verona | **Country:** Italy

- Specialized in Health Psychology: I conduct research and contribute to developing psychological interventions aimed at improving patient well-being and engagement in healthcare settings. I also focus on assessing work-related stress using AI technologies, always maintaining a perspective of health and prevention.
- Research topic: Vocal biomarkers for the assessment of burnout and technology acceptance. My research focuses on validating AI-based assessment tools to evaluate burnout and explore how people accept and interact with such technologies.
- Data Collection and Analysis: I design and conduct qualitative and quantitative studies, including semi-structured interviews and surveys, to gather data from patients and healthcare professionals.
- Publication and Dissemination: I regularly contribute to academic journals, present findings at international conferences, and engage in outreach to disseminate research outcomes to a broader audience.
- Teaching: I assist in teaching courses related to health psychology and my research project.
- PhD student at the APRESO Research Center – Applied Research in Society and Organizations, University of Verona, Department of Human Sciences (Director: Riccardo Sartori).

[15/09/2022 – 30/09/2023]

Scholarship of research

Alma Mater Studiorum - University of Bologna

City: BOLOGNA | **Country:** Italy

- Conduct data collection through interviews with patients diagnosed with narcolepsy to gather information regarding the psychosocial impact of the disease (work, study, daily life).
- Perform a comprehensive literature review to collect and analyze existing research and studies on narcolepsy.
- Manage databases.
- Conduct data analysis using appropriate statistical methods and tools to identify the collected data's patterns, trends, and correlations.
- Participate in research activities in the field of narcolepsy to contribute to existing knowledge and advancements in the field, particularly regarding the psychosocial and psychological burden of the disease.

[01/06/2022 – 30/08/2022]

Research Internship

Mediterranei- Digital Cooperative

City: Rome | **Country:** Italy

- Analysis on Users' Acceptance scales of virtual reality conducted on employees from various companies.
- Prepared corporate reports on Industry 4.0 technologies.
- I analyzed the data collected from surveys assessing employees' acceptance of virtual reality technologies in the workplace. This involved performing statistical analyses to identify patterns, trends, and correlations in the data. I also conducted qualitative analyses to gain deeper insights into employees' attitudes and perceptions.
- I prepared detailed reports for the respective companies, providing them with valuable insights into the level of acceptance and potential barriers to implementing virtual reality technologies.
- Reports aimed to support decision-making processes and guide the companies in effectively integrating new technologies into their operations.

EDUCATION AND TRAINING

[01/11/2021 – 30/09/2022]

SECOND-LEVEL SHORT SPECIALISATION DEGREE- quantitative psychology

University of Padova <https://uel.unipd.it/master-e-corsi/psqt-psicologia-quantitativa/>

City: Padova | Country: Italy | Field(s) of study: Quantitative psychology |
Final grade: Passed | Level in EQF: EQF level 8

Main arguments:

- psycho-social research statistical and methodological elements;
- data collection techniques;
- factor analysis and structural equation models;
- general mixed-effect model;
- longitudinal model;
- programming and applications in R;
- Bayesian statistics;
- implicit measures;
- test theories and techniques;
- item response theory;
- knowledge space theory and cognitive diagnostic models;
- medical statistics.

[11/2022 – Current]

Professional Qualification-Registered Psychologist, Category A

University of Torino

City: Torino | Country: Italy |

[01/09/2018 – 03/03/2021]

Master degree in Clinical Psychology and Community Interventions

University of Torino

City: Torino | Country: Italy | | Level in EQF: EQF level 7

[27/09/2015 – 19/09/2018]

Bachelor's degree in Psychological Sciences and Techniques

Alma Mater studiorum- University of Bologna

City: Bologna | Country: Italy | | Level in EQF: EQF level 6

LANGUAGE SKILLS

Mother tongue(s): Italian

Other language(s):

English

LISTENING B2 READING C1 WRITING C1

SPOKEN PRODUCTION B2 SPOKEN INTERACTION B2

French

LISTENING B2 READING B2 WRITING B2

SPOKEN PRODUCTION B1 SPOKEN INTERACTION B1

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

DIGITAL SKILLS

My Digital Skills

Team-work oriented | Good listener and communicator | Microsoft Office (Outlook, Excel, Word, PowerPoint) | IBM Statistical package for Sciences (SPSS) | Python Language - Basic knowledge | Microsoft Excel | Social Media | Microsoft Office | R, R Studio, R Markdown | Analytical thinking - work and see strategically | Bibliographic databases (PubMed Scifinder Uniprot) | Curiosity for achieving new skills | Curiosity for problem solving | Problem analysis & Problem Solving

PUBLICATIONS

[2024]

[Work productivity and activity impairment in patients with narcolepsy type 1](#)

Reference: Bassi et al. 2024, Journal of Sleep Research, 33(3)

The aim of this study was to assess work productivity and activity impairments and to explore their association with excessive daytime sleepiness, body mass index(BMI), depression, and anxiety in patients with narcolepsy type 1. We carried out a cross-sectional study in which patients with narcolepsy type 1 and matched controls for sex, age, and education were assessed for occupational features, EDS (Epworth Sleepiness Scale), BMI, depression (Beck Depression Inventory), anxiety

(State-Trait Anxiety Inventory), and Work Productivity and Activity Impairment (WPAI). Different statistical approaches were used to investigate differences between groups and correlations between WPAI scores and clinical features. The 127 patients with narcolepsy type 1 (mean age 38.2 ± 15.5 , 91.3% taking drugs for narcolepsy) and 131 controls (mean age of 37.4 ± 14.3) included did not differ in terms of occupational features, except for hours worked/week (29.9 in patients vs. 34.9 in controls) and officially recognised disability (30.7% vs. 5.3%). Impairment in all WPAI scores was approximately three times greater in patients. Narcolepsy was associated with work time missed in 27.4% of patients, while 93.2% to 95.5% of them had some impairment while working or during daily activities (vs. 37.5–46.8% of controls). Correlations with WPAI scores were found for excessive daytime sleepiness only in patients, and for both depression and anxiety in patients and controls, with a stronger correlation for activity impairment in patients. These results suggest that, despite treatment, narcolepsy type 1 was associated with extensive impairment especially regarding job effectiveness and daily activities. Future studies should investigate risk factors and effects of interventions on these outcomes.

[2024] [**Facilitating Conditions for School Motivation Scale--Italian Version**](#)

Reference: Abu Hamam et al. 2024, Counseling: Giornale Italiano di Ricerca e Applicazioni.

The present study reports the validation of the Italian short version of the Facilitating Conditions for School

Motivation Scale. The scale comprises 15 items which reflect three determining factors that contribute to students' school motivation, the first of which relates to students' values. The second includes the affective component while the third considers the support received from relationships with parents, peers and teachers.

We tested a three-factor model associated with the facilitating or inhibiting conditions on a heterogeneous group of adolescents from different educational backgrounds, whose data were collected over a period of nine months in Northern Italy. The analysis reveals that the short version intercepts the conditions that influence the students' motivation towards their educational career. Our findings provide implications for research and practice for understanding and promoting students' motivations at school.

[2024] [**Sex disparities in clinical features and burden of narcolepsy type 1**](#)

Reference: Ingravallo et al. 2024, Journal of Sleep Research, e14157.

To investigate potential sex-related differences in patients with narcolepsy type

1, we carried out an analysis of baseline data from 93 women and 89 men with narcolepsy type 1 who participated in the TElemedicine for NARcolepsy (TENAR) trial.

The following data were considered: sociodemographics; diagnostic (disease history, polysomnography, orexin, human leukocyte antigen) and clinical features, including

sleepiness (Epworth Sleepiness Scale), cataplexy and other narcolepsy symptoms; disease severity (Narcolepsy Severity Scale); pharmacological treatment; depressive

symptoms (Beck Depression Inventory); and self-reported relevance of eight

narcolepsy-related issues. We found that, compared with men, significantly more

women reported automatic behaviours (55.4% versus 40%) and had higher Epworth

Sleepiness Scale (median 10 versus 9) and Beck Depression Inventory scores (median

10.5 versus 5), and there was a trend for a higher Narcolepsy Severity Scale total

score in women (median 19 versus 18, $p = 0.057$). More women than men were officially recognized as having a disability (38% versus 22.5%) and considered 5/8

narcolepsy-related issues investigated as a relevant problem. More severe sleepiness

and a greater narcolepsy-related burden in women could mirror sex differences present in the general population, or may be related to suboptimal management of narcolepsy type 1 or to more severe depressive symptoms in women. Future studies

and guidelines should address these aspects.

Co-occurrence of anxiety and depressive symptoms, suicidal thoughts, and hopelessness in patients with narcolepsy type 1

[2024]

Reference: Biscarini et al. 2024 , Sleep Medicine

Objective: To assess the prevalence and co-occurrence of anxiety, depressive symptoms, suicidal thoughts, and hopelessness in patients with narcolepsy type 1 (NT1).

Patients/Methods. In this cross-sectional study, 127 patients with NT1 (mean age 38.2 ± 15.5 years, 53.5 % female) and 131 controls (mean age 37.4 ± 14.3 years, 59.5 % female) matched for age, sex, and education, filled in the following validated questionnaires: Beck Depression Inventory-II (BDI), State-Trait Anxiety Inventory (STAI), and Beck Hopelessness Scale (BHS). Comparisons between groups and multivariable logistic regression analyses were performed.

Results: Patients with NT1 presented significantly higher scores in BDI, suicidal thoughts (BDI-item-9), STAI-trait, STAI-state, and BHS than controls. Adjusted for age, sex, and educational level, NT1 was significantly associated with depressive symptoms ($BDI \geq 13$; OR 3.23, 95%CI 1.71–6.10), trait anxiety symptoms ($STAI\text{-}trait \geq 38$; OR 1.91, 95%CI 1.14–3.21), co-occurrence of $BDI \geq 13$ with $STAI\text{-}trait \geq 38$ (OR 2.72, 95%CI 1.47–5.05), and with $STAI\text{-}state \geq 38$ (OR 2.24, 95%CI 1.17–4.30), and moderate to severe hopelessness ($BHS \geq 9$; OR 2.95, 95%CI 1.55–5.63). Conclusions: Patients with NT1 present a multidimensional psychiatric burden and comorbidity between symp-

toms of depression and anxiety and suicidal thoughts, a concern that deserves tailored interventions.

CONFERENCES AND SEMINARS

[19/11/2022 – 20/11/2022]

13th European Narcolepsy Days Bologna

Oral presentation: Sex-related differences in symptoms and impairment in patients with narcolepsy: findings from the TENAR project. C. Bassi, C. Zenesini, F. Pizza, S. Vandi, C. Oriolo, U. Pagotto, A. Rossetti, F. Cavalli, L. Vignatelli, G. Plazzi, F. Ingravalle (2022)

Link: <https://iscrizioni.doc-congress.com/evento-id-26340.htm>

[01/07/2023 – 04/07/2023]

9th Congress of the European Academy of Neurology (EAN) Budapest

Poster sessions: Pizza F., Bassi C., et al. (2023) - Poster Session: 'Sex-related differences in symptoms and impairment in narcolepsy'

Link: <https://www.ean.org/congress2023>

[16/11/2023 – 18/11/2023]

XXX CONGRESSO NAZIONALE SICP Riccione

Sironi V., Bassi C., et al. (2023) - E-presentation: 'La pianificazione condivisa delle cure: il punto di vista dei medici in formazione specialistica'

Link: <https://www.sicp.it/appuntamenti/eventi-sicp/congresso/xxx-congresso-nazionale-sicp/>

[03/08/2024 – 06/09/2024]

38th Annual Conference of the European Health Psychology Society Cascais

WHAT MAKES A PATIENT ENGAGED: A MULTILEVEL INTEGRATIVE REVIEW OF FACTORS CONTRIBUTING TO PATIENT ENGAGEMENT. Chiara Bassi¹; Anna Maria Meneghini¹; Riccardo Sartori¹; Francesco Tommasi¹; Andrea Ceschi¹.

¹Department of Human Sciences, University of Verona, Verona, Italy

Link: <https://2024.ehps.net/>

[10/09/2024 – 12/09/2024]

15th EUSPR Conference “Prevention in and with Communities” Cremona

Oral presentation: What matters to you? Exploring determinants of patient engagement through a multilevel review.

Chiara Bassi¹ (chiara.bassi@univr.it), PhD Student

Andrea Buccoliero¹, Anna Maria Meneghini¹; Riccardo Sartori¹; Francesco Tommasi¹; Andrea Ceschi¹.

¹Department of Human Sciences, University of Verona, Verona, Italy

PROJECTS

[01/03/2023 – Current]

Talia- inTelligent vocAL biomarkers for pathology early detectlon and follow-up Assessment

The TALiA project focuses on using voice as a biomarker to aid early diagnosis and health assessment through AI. Its goal is to develop AI agents for virtual care that support clinical evaluations of neurodegenerative and cardiovascular diseases and assess patient-reported outcomes. Partners include GPI S.p.A., the University of Macerata (UniMC), the Polytechnic University of Turin (PoliTO), and the University of Verona (UniVR). Case study three targets burnout prevention among call center employees by analyzing voice tones for early stress indicators using Speech Emotion Recognition (SER). A pilot using audio from hospital appointment calls (CUP) enables monitoring emotional states to help detect and prevent chronic stress and burnout.