

## PERSONAL INFORMATION

## Sarah Tosato

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## CURRENT EMPLOYMENT

2014 – to present **Associate Professor of Psychiatry**  
Department of Neurosciences, Biomedicine and Movement Sciences, University of Verona

2024 – to present **President of Bachelor's degree in Psychiatric Rehabilitation Techniques**

2015 – to present **Honorary Consultant Psychiatrist**  
Unit of Psychiatry B, University Hospital of Verona  
▪ With the responsibility for a local team (team leader) and the perinatal psychiatry clinic.

2013 – to present **High Specialization in “Liaison Psychiatry”**  
University Hospital of Verona

2018 – to present **Secretary of the School of Specialization in Psychiatry**  
University Hospital of Verona

2011 – to present **Member of the Teaching Staff Body for the Doctorate (PhD) in the Psychological and Psychiatric Sciences**  
University of Verona

2012 – to present **Member of the Schizophrenia Working Group of the Psychiatric Genomics Consortium**

## WORK EXPERIENCE

2010-2015 **Honorary Consultant Psychiatrist**  
Unit of Psychosomatics and Medical Psychology , University Hospital of Verona

2007-2010 **Honorary Consultant Psychiatrist**  
Unit of Psychiatry, University Hospital of Verona

May-September 2019 **Honorary Researcher**  
Honorary Researcher, Division of Psychosis Studies, Institute of Psychiatry, Psychology & Neuroscience (IoPPN), King's College, London, UK.

2006 - 2009 **Visiting Research Associate**  
Division of Psychological Medicine, Institute of Psychiatry, King's College, London, UK

2006 - 2014 **Lecturer in Psychiatry**  
University of Verona

April-October 2004	<b>Honorary Research Worker</b> Division of Psychological Medicine, Institute of Psychiatry, King's College, London, UK
2006-present	<b>Regular teaching activities</b> Lecture course "Psychiatry" for students in Bachelor's + Master's degree in Medicine and Surgery, University of Verona; Lecture course "Psychiatry" for students in Nursing at the Medical School, University of Verona; Lecture course "Psychiatry" for students in Bachelor's degree in Obstetrics, University of Verona.
2022-present	Lecture course "Cognitive and Behavioral Therapy for students in Bachelor's degree in Psychiatric Rehabilitation Techniques
2006- present	<b>Regular teaching activities at several Schools of the Specialitation</b> Including the lecture course "Psychiatric Genetics" for postgraduate students in Psychiatry, University of Verona; The lecture courses "Psychotherapy" for post graduate students in Child Psychiatry; The lecture course "Psychiatry" for postgraduate students in Gynecology, University of Verona

#### EDUCATION AND TRAINING

May 2010	<b>PhD in Psychological and Psychiatric Sciences</b> University of Verona
October 2005	<b>Specialist in Psychiatry</b> Specialized with full marks and honours at the University of Verona
October 2001	<b>Doctor in Medicine</b> Graduated with full marks and honors at the University of Insubria (Varese)

#### PERSONAL SKILLS

Mother tongue(s)	Italian
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Other language(s)	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	C1	C1	C1	C1	C1
Replace with name of language certificate. Enter level if known.					

Levels: A1/A2: Basic user - B1/B2: Independent user - C1/C2 Proficient user  
[Common European Framework of Reference for Languages](#)

Communication skills	Excellent teamwork skills. Ability to adequate communication, modulated on the results to be achieved and the level of the interlocutor.
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Organisational / managerial skills	High problem-solving and organizational skills. She has leadership skills in interdisciplinary contexts, defining objectives for each team member.
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## Job-related skills

Excellent ability to adequately manage available resources, allocating them for purposes expected. Punctuality in meeting deadlines. Ability to direct the work of one's colleagues for the achievement of common goals, within and within the limits of the hierarchies in force. Such skills have been strengthened with constant active participation in the organization of activities and general management of the doctors in specialist training at the School of Specialty in Psychiatry.

## Digital competence

SPSS independent user.

## Driving licence

B

## ADDITIONAL INFORMATION

## Publications

Prof. Sarah Tosato is the author of over 151 scientific articles published in international scientific journals. Papers published in international journals have been cited 17149 times in the international literature (Citation Index) according to ISI Web of Science (h-index = 37) and 24119 times according to SCOPUS (h-index = 44).

A list of publications is accessible at this address:

<https://www.scopus.com/authid/detail.uri?authorId=8672074400&origin=resultslist>

- h-index (GOOGLE SCHOLAR): 51 (lifetime); 36 (last five years)
- Citations (GOOGLE SCHOLAR): 29054 (lifetime); 14240 (last five years)
- i10-index (GOOGLE SCHOLAR): 98 (lifetime); 86 (last five years)

## Selection of recent publications

Carmassi C, Tosato S, Pedrinelli V, Bertelloni CA, Abbate-Daga G, Albert U, Castellini G, Luciano M, Menchetti M, Pompili M, Sampogna G, Signorelli M, Massimetti G; PsyCOVID Group; Fiorillo A. Longitudinal trajectories of anxiety and depression in subjects with different mental disorders after one year in the COVID-19 pandemic. *Psychiatry Res.* 2024 Apr;334:115680.

Bixio R, Bonetto C, Fracassi E, Ristic B, Mastropaoletti F, Pacenza G, Rossini M, Cristofalo D, Carletto A, Tosato S. Depression as a possible determinant of fatigue in patients with axial spondyloarthritis. *Clin Exp Rheumatol.* 2024 May;42(5):1015-1019.

Ristic B, Carletto A, Fracassi E, Pacenza G, Zanetti G, Pistillo F, Cristofalo D, Bixio R, Bonetto C, Tosato S. Comparison and potential determinants of health-related quality of life among rheumatoid arthritis, psoriatic arthritis, and spondyloarthritis: A cross-sectional study. *J Psychosom Res.* 2023 Dec;175:111512.

Tosato S, Bonetto C, De Santi K, Lasalvia A, Gennarelli M, Cristofalo D, Bertani M, Ruggeri M, On Behalf Of The Picos-Veneto Group. COMT but Not 5HTTLPR Gene Is Associated with Depression in First-Episode Psychosis: The Role of Stressful Life Events. *Genes (Basel).* 2023 Jan 29;14(2):350.

Tosato S, Bonetto C, Zanini A, Montanari I, Piccinelli A, Bixio R, Rossini M, Pacenza G, Cristofalo D, Fracassi E, Carletto A. Coping strategies, emotional distress and perceived disease severity in a cohort of patients with rheumatoid arthritis: a mediation analysis. *Rheumatology (Oxford).* 2023 Mar 1;62(3):1078-1086

Tosato S, Bonetto C, Zanini A, Bixio R, Marchel M, Pacenza G, Galvagni I, Cristofalo D, Fracassi E, Carletto A. Clinical and psychological characteristics associated with negative beliefs and concerns about treatment necessity in rheumatic diseases. *Sci Rep.* 2022 Dec 30;12(1):22603.

Tosato S, Carmassi C, Bertelloni CA, Pedrinelli V, Cappelli A, Abbate-Daga G, Albert U, Castellini G, Luciano M, Menchetti M, Pompili M, Sampogna G, Signorelli MS, Massimetti G; PsyCOVID Group†; Fiorillo A. PTSD trajectories across different mental disorders in the second year of the COVID-19 pandemic in Italy: a naturalistic, longitudinal, multicenter study. *Int Rev Psychiatry.* 2022 Nov-Dec;34(7-8):797-808.

Mansueto G, Tosato S, Brondino N, Bonetto C, Tomassi S, Politi P, Lasalvia A, Fioravanti G, Casale S, De Santi K, Bertani M, Bellani M, Brambilla P, Ruggeri M; GET UP Group; Faravelli C. Childhood adversity, symptoms, and cortisol in first episode psychosis: a cross-sectional, secondary, observational analysis of a subsample of FEP patients. *Nord J Psychiatry*. 2022 Nov 18:1-8.

D'Andrea G, Lal J, Tosato S, Gayer-Anderson C, Jongasma HE, Stilo SA, van der Ven E, Quattrone D, Velthorst E, Berardi D, Rossi Menezes P, Arango C, Parellada M, Lasalvia A, La Cascia C, Ferraro L, La Barbera D, Sideli L, Bobes J, Bernardo M, Sanjuán J, Santos JL, Arrojo M, Del-Ben CM, Tripoli G, Llorca PM, de Haan L, Selten JP, Tortelli A, Szöke A, Muratori R, Rutten BP, van Os J, Jones PB, Kirkbride JB, Murray RM, di Forti M, Tarricone I, Morgan C. Child maltreatment, migration and risk of first-episode psychosis: results from the multinational EU-GEI study. *Psychol Med*. 2022 Oct 28:1-11

#### Presentations

Professor Tosato has presented several papers at International and National Congresses.

#### Honours and awards

Best poster "Positive symptoms in first-episode psychosis patients experiencing low maternal care and stressful life events: the role of the COMT gene", Xth ENMESH International Conference, Verona (Italy), 3-5/10/2013

Best poster "The Impact of Cannabis Use on Age of Onset in First Episode Psychotic Patients: data from the Psychosis Incident Cohort Outcome Study (PICOS-Veneto)". VIII Brixia International Conference Open issues in the clinical and therapeutic management of major psychiatric disorders, Brescia, 12-14/06/2014

Best poster "Traumi infantili e psicosi all'esordio: quale effetto sulla diagnosi e sull'uso di sostanze? Dati dal GET UP Trial in un territorio di 10 milioni di abitanti" al XX congresso nazionale SOPSI; Milano, 23-26/2/2016

Prize "Finanziamento delle attività base di ricerca" di cui all'art. 1, commi 295 e seguenti, della legge 11 dicembre 2016 n. 232, per l'anno 2017 (avviso pubblico di ANVUR n 20/2017 del 15/6/17)

Prize "Incentivo una tantum professori e ricercatori", Università di Verona, Macroarea Scienze della Vita e della Salute, anno 2011

Prize "Incentivo una tantum professori e ricercatori", Università di Verona, Macroarea Scienze della Vita e della Salute, anno 2013

Prize "COOPERINT (exit mobility) - CATEGORY B", university internationalisation programme 2018, University of Verona, first classified

#### Projects

##### 2016 - 2017

The study "Prevalence, clinical and biological correlates of depression in a cohort of patients affected by Rheumatoid Arthritis" (PI: A. Carletto), aims at collecting, in a large sample of patients affected by chronic inflammatory diseases, data on both inflammatory system and on depression, anxiety, maladaptive coping style in order to verify if individuals who develop depression have a different clinical and biological pattern with the respect to those not.

Professor Tosato was Co-PI.

##### 2013

The project "Inflammation and depression in chronic HCV infection", aims at evaluating a large sample of subjects taking INF- $\alpha$  and ribavirin treatment for chronic HCV infection, in order to identify clinically relevant predictors of INF- $\alpha$  induced depression as well as to understand the molecular mechanisms underlying these predictive factors.

Professor Tosato was PI.

##### 2011 – 2014

The project "Disabilità cognitiva e comportamentale nelle demenze e nelle psicosi" was an integrated longitudinal study aimed to evaluate cognitive and genetic morpho functional bases of major psychosis. It was funded by the Fondazione Cari Verona.

Professor Tosato has coordinated the genetic module of the project.

2011 – 2015

The project “European Network of National Networks studying Gene-Environment Interactions in Schizophrenia” (EU GEI) Programme Work Package 2 (Functional Enviromics). The “Functional Enviromics” WP (PI Professor Craig Morgan, Professor Robin Murray) has developed and applied methods for the detailed assessment of candidate, individual- and area-level environmental exposures of public health relevance, taking account of potential confounding by direct and indirect measures of genetic risk.

Professor Tosato coordinated the recruitment and the assessment of the control group for the Verona Centre. Moreover, she coordinated the DNA sample collection for both first episode patients and control groups. She provided DNA storage and transport of DNA sample to Cardiff University.

2009 - present

Professor Tosato implemented a Genetic Bio-Bank. The Biobank has permitted the collection of DNA from over 500 cases of psychosis, and 270 of age- and sex-matched controls.

2008 – 2011

Research Program GET UP (Genetics, Endophenotypes and Treatment: Understanding early Psychosis, PI: Professor M. Ruggeri), which has been funded by the Italian Ministry of Health. Professor Tosato was part of the coordination board.

2007 - 2010

European SGENE project (PI: professor D. Collier), a large-scale genome-wide association study on schizophrenia addressing variation in expressivity and contribution from environmental factors. Professor Tosato was the collaborator.

2007 – 2010

Joint Project “Toward a new definition of schizophrenia: the biological basis of a core phenotype”, in partnership with GlaxoSmithKline and co-funded by the University of Verona. This project aims to identify whether, in a group of chronic schizophrenic patients, a genetic component might be responsible for the clinical and neuro-psychological phenotypes observed. Professor Tosato was the Co-PI of the Joint Project.

2005 – 2014

PICOS (Psychosis Incident Cohort Outcome) study, a multisite collaborative research project on 1-year incident cases of psychoses attending community mental health services in Veneto Region, Italy. This project aims to characterize, in terms of genetic, clinical and social perspectives, new cases of psychoses at onset and follow them up for at least 5 years, to explore the possible mutual interactions between genetic and psychosocial factor, and to develop a predictive model of “good” and “poor” outcomes for psychoses.

Professor Tosato has coordinated the genetic module of the PICOS.

2004 – 2007

EPSILON (European Psychiatric Services: Inputs Linked to Outcome Domains and Needs) study, a comparative cross-national and cross sectional study of the characteristics, needs, quality of life, pattern of care, associated costs and satisfaction levels of people with schizophrenia in five European countries.

Professor Tosato coordinates the collection of blood sample of patients and control groups for the genetic analysis and the choice of polymorphisms within candidate genes for the genetic analysis of schizophrenia susceptibility.

#### Memberships

Member of the Marcé Italian Society for Perinatal Mental Health  
Member of European Psychiatric Association (EPA)  
Member of the Italian Psychiatric Association (SIP)

#### Editorial board

2017 – to present

Associated Editor di BMC Psychiatry, Section of Psychotic disorders

2017 – to present

Member of the Editorial Board of Epidemiology and Psychiatric Sciences

## ATTACHMENTS

**Personal data** I authorize the processing of my personal data pursuant to Legislative Decree 30 June 2003, n. 196 "Code regarding the protection of personal data".

Verona, 17/2/25

Sarah Tosato