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CURRENT POSITION

2024 – Post-doctoral researcher at the
Department of Neurosciences, Imaging and Clinical Sciences,
University G. d’Annunzio of Chieti-Pescara

EDUCATION AND TITLES

- 2024 **International Ph.D.** in Business and Behavioural Sciences
Department of Neurosciences, Imaging and Clinical Sciences,
University Gabriele d’Annunzio of Chieti-Pescara.
Thesis: Environmental Sensitivity across the lifespan: new insights into the assessment of sensitivity and its role in the individual emotional adjustments.
Excellent
Supervisor: Prof Francesca Lionetti
Co-supervisor: Prof Maria Spinelli, Prof Michael Pluess
- 2024 **Post-graduate cours in Economics and business management**
Project work: Stress and burnout at work: the role of individual and contextual variables
- 2021 **Psychologist national abilitation**
- 2019 **Master of Science degree** in Development and Education Psychology,
Salesian University of Rome.
30/30 (Summa cum laude).
Thesis: *“Pretend play, attachment, and emotion regulation in school – age children. An observational and multi-informant study”*.
Supervisor: Prof Antonio Dellagiulia.
- 2017 **Bachelor degree** in Development and Education Psychology,
Salesian University of Rome.
30/30 (Summa cum laude).
Thesis **with a systematic review**: *“Il gioco di finzione è una storia seria. Gioco simbolico e processi affettivi tra quadro teorico e strumenti di valutazione”*.
Supervisor: Prof Antonio Dellagiulia.

PAPERS in indexed and peer-reviewed journals

- 2024 **Sperati, A.**, Passaquindici, I., Persico, M.E., Fasolo, M., Lionetti, F., Spinelli, M. (under review). Maternal Depression during the Perinatal Period: the Role of Sensory Processing Sensitivity and Social Support and its Impact on Infants' Negative Affect.
- 2024 **Sperati, A.**, Lee, Y., Ceccon, C., Cicek, E., Dellagiulia, A., Mastrotheodoros, S., Pluess, M. & Lionetti, F. (under review). Combining Parents' Perceptions of Child's Environmental Sensitivity and its Implications for Adjustment.
- 2024 Guerra, G. C., Positano, M. T., **Sperati, A.**, Passaquindici, I., Logrieco, M. G. M., Lionetti, F., Spinelli, M., Fasolo, M (under review). Supporting Parents of Children with Learning Disorders: A Systematic Review of Intervention Strategies.
- 2024 Passaquindici, I., **Sperati, A.**, Lionetti, F., Fasolo, M., Spinelli, M. (under review). Maternal mindfulness buffers parenting in Highly Sensitive mothers.
- 2024 **Sperati, A.**, Persico, M.E., Palumbo, R., Fasolo, M., Spinelli, M., Pluess, M., D'Urso G., Lionetti, F. (2024) The role of individual differences in Environmental Sensitivity in teachers' stress and burnout at work. *Stress and Health*
- 2024 **Sperati, A.**, Acevedo, B. Dellagiulia, A., Fasolo, M., Spinelli, M., D'Urso, G., Lionetti, F. (2024). The contribution of Sensory Processing Sensitivity and internalised attachment representations on emotion regulation competencies in school-age children, *Frontiers in Psychology*, 15. <https://doi.org/10.3389/fpsyg.2024.1357808>
- 2024 Passaquindici I., Nardoza, O., **Sperati, A.**, Lionetti, F., D'Urso, G., Fasolo, M., Spinelli, M. (2024). Maternal dispositional mindfulness and mother-child relationship: the mediating role of emotional control during parenting, *Child: Care, Health and Development*.
- 2024 **Sperati, A.**, Spinelli, M., Fasolo, M., Moscardino, U., Passaquindici, I., Straziuso, D., Gigliotti, G., Pluess, M. & Lionetti, F. (2024). Beyond for better and for worse: Expanding Environmental Sensitivity to Post-traumatic growth. *Current Psychology*
- 2023 Guerra, C.G., D'Urso, G., Gigliotti, G., Lionetti, F., Logrieco, M.G.M., Nicoli, I., **Sperati, A.**, Spinelli, M., & Fasolo, M. (2023). Omogenitorialità e benessere psicologico infantile: tra false credenze ed evidenze scientifiche [Same sex-parenting and child psychological well-being: between false beliefs and scientific evidences]. *L'Educazione Sessuale come Strumento di Inclusione. Fascicolo Monografico della Rivista di Sessuologia Clinica*, 1, 131-156.
- 2022 **Sperati A.**, Spinelli, M., Fasolo, M., Pastore, M., Pluess, M., Lionetti, F. (2022). Investigating sensitivity through the lens of parents: validation of the parent-report

version of the Highly Sensitive Child scale. *Development and Psychopathology*.

- 2021 **Sperati, A.**, Verderame, C., Fasolo, M., Spinelli, M., Lionetti, F., Dellagiulia, A. (2021). Fuori Programma: tips for teachers to promote the relationship with their students in the online learning during the Covid-19 emergency. Report of the program implementation in two primary schools in Rome and Frosinone. *Orientamenti Pedagogici*.
- 2021 Lionetti, F., Dellagiulia, A., Verderame, C., **Sperati, A.**, Bodale, G., Spinelli, M., Fasolo, M. (2021). The Children's Sleep Habits Questionnaire: identification of sleep dimensions, sleep groups, and associations with behavioural problems in Italian pre-schoolers. *Sleep Health*.
- 2020 Dellagiulia, A., Lionetti, F., Fasolo, M., Verderame, C., **Sperati, A.**, Alessandri, G. (2020). Early impact of COVID-19 lockdown on children's sleep. A four-week longitudinal study. *Journal of Clinical Sleep Medicine*. <https://doi.org/10.5664/jcsm.8648>

Book chapters in indexed and peer-review journals

- 2024 **Sperati, A.**, Spinelli, M., Fasolo, M., Lionetti, L. (under review). Being naturally connected: The role of Environmental Sensitivity in understanding the human-nature relationship.

SYMPOSIA and POSTER CONTRIBUTIONS, peer-reviewed conferences

- 2025 Persico, M. E., **Sperati, A.**, Passaquindici, I., D'Aloia, V., Galli, E., Guerra, G. C., Spinelli, M., Fasolo, M. Dal Temperamento all'Empatia: Come l'approccio agli stimoli nei Primi Mesi di Vita Favorisce le Competenze Socio-Emotive a Due Anni. *Giornate di Neuropsicologia dell'Età Evolutiva, XX edizione, 15-18 Gennaio 2025, Bressanone*
- 2024 Nardoza O., **Sperati A.**, Persico M.E., Passaquindici I., Moges A., Fasolo M., Spinelli M. (2024). How maternal adverse childhood experiences affect mother-child relationship: the mediation role of Postpartum-PTSD. SRCD 2025, Biennial Meeting, May 1-3, 2025, Minneapolis [Poster presentation].
- 2024 Nardoza, O., Passaquindici, I., **Sperati, A.**, Persico, M.E., Guerra, G. C., Spinelli, M., Lionetti, F. (2024). The role of environmental sensitivity and support perceived from the partner to the transition to parenting. *XXXVI Congresso Nazionale AIP Sezione Psicologia dello Sviluppo e dell'Educazione, 19-21 settembre, Cagliari*. [Oral symposium presentation]
- 2024 Persico, M.E., **Sperati, A.**, Palumbo, R., Fasolo, M., Spinelli, M., Pluess, M., D'Urso G., Lionetti, F. (2024). Teachers' burnout: the role of sensory processing sensitivity individual trait, perceived stress and school relational climate. *45th Annual Conference of the International School Psychology Association (ISPA), Riga, Latvia*. [Poster presentation]

- 2024 **Sperati, A.**, D'Aloia, V., Persico, M.E., Positano, M.T., Galli, E., Fasolo, M., Lionetti, F. (2024). Is Environmental Sensitivity trait associated with early facial emotion discrimination? A first evidence on 3-month-old infants. XXXVI Italian Association of Psychology (AIP) Congress, Cagliari, 19-21 September. [Oral symposium contribution]
- 2024 **Sperati, A.**, Spinelli, M., Fasolo, M., Pluess, M., Lionetti, F. (2024). Towards the newly developed Highly Sensitive Infant rating system: environmental sensitivity and emotion regulation in infancy. *ISSBD 2022 - International Society for the Study of Behavioural Development, Biennial Meeting* [Oral symposium contribution].
- 2024 Persico, M. E., Paone, A., Passaquindici, I., **Sperati, A.**, Nardoza, O., D'Urso, G. (2024). Alta sensibilità e linguaggio: uno studio pilota. *XVI Ed. Giornate Clasta 2024 – Communication and language acquisition studies in typical and atypical populations, Milano, 17-18 maggio* [Poster contribution].
- 2024 D'Aloia V., **Sperati, A.**, Lionetti, F., Fasolo, M. (2024). Is infant-directed speech prosody associated with Sensory Processing Sensitivity individual trait? A first exploratory study with mothers of 3-month-old infants. *XVI Ed. Giornate Clasta 2024 – Communication and language acquisition studies in typical and atypical populations, Milano* [Poster contribution]
- 2024 **Sperati, A.**, Positano, M.T., Guerra, G.C., Nardoza, O., Persico, M.E. (2024). Exploring the interplay between Sensory Processing Sensitivity individual trait, perceived stress, and school relational climate in predicting teachers' burnout. *International Symposium on School Climate*. [Oral contribution]
- 2023 Logrieco, M.G., Spinelli, M., D'Aloia, V., Lionetti, F., **Sperati, A.**, Passaquindici, I., D'Urso, G., Fasolo, M. (2023). The role of Infant Directed Speech on mother and infant's emotion regulation. A physiological perspective. *ECDP 2023 – European Conference on Developmental Psychology, Turku, Finland*. [Poster contribution]
- 2023 Dellagiulia, A., Setti, A., **Sperati, A.**, Fasolo, M., Spinelli, M., Lionetti, F. (2023) The Highly Sensitive Child and the Relationship with the natural environment in children. A multi-informant pilot study. *ECDP 2023 – European Conference on Developmental Psychology, Turku, Finland*. [Poster contribution]
- 2023 **Sperati, A.**, Garito, M.C., Passaquindici, I., Lionetti, F. (2023). Disponibilità emotiva genitoriale e sensibilità all'ambiente del bambino interagiscono nel predire la regolazione emotiva a 3 mesi di vita. *XXXV Italian Association of Psychology (AIP) Congress, Foggia 25-27 September*. [Oral symposium contribution]
- 2023 Persico, M., **Sperati, A.**, D'Urso, G. (2023). Clima scolastico e sensibilità: quali nessi tra il pregiudizio etnico e gli atteggiamenti positivi verso l'omosessualità negli insegnanti. *XXXV Italian Association of Psychology (AIP) Congress, Foggia 25-27 september*. [Poster contribution]

- 2023 **Sperati, A.**, Spinelli, M., Fasolo, M., Pluess, M. & Lionetti, F. (2023). The Highly Sensitive Infants Rating System: an observational measure for the assessment of Environmental Sensitivity from 3 months of age. *1st International Sensitivity Meeting, Chieti 18 Maggio 2023* [Oral presentation]
- 2023 Lionetti, F., Spinelli, M., D'Urso, G., **Sperati, A.**, Passaquindici, I., Persico, M. E. & Fasolo, M. (2023). Alta sensibilità all'ambiente e sviluppo linguistico. Uno studio longitudinale. *XIII Edizione Giornate CLASTA, Pescara 19-20 Maggio 2023* [Oral presentation].
- 2023 Guerra, G. C., D'Aria M., Gigliotti, G., Nardoza, O., **Sperati, A.** & Fasolo, M. (2023). Temperamento e sviluppo linguistico: una ricerca longitudinale. *XIII Edizione Giornate CLASTA, Pescara 19-20 Maggio 2023*. [Poster contribution].
- 2023 **Sperati, A.**, Spinelli, M., Fasolo, M., Logrieco, M., Persico, M.E., Pluess, M. & Lionetti, F. (2023). Observer rated Environmental Sensitivity in 3-month old infants: association with infants' temperament and emotion recognition and arousal during a peekaboo procedure. *ECDP 2023 – European Conference on Developmental Psychology, Turku, Finland*. [Poster contribution]
- 2023 **Sperati, A.**, Spinelli, M., Fasolo, M., Pluess, M. & Lionetti, F. Observational assessment of Environmental Sensitivity in infancy: correlates with infant's temperament, regulatory strategies, maternal sensitivity, and stress and depression during pregnancy. *SRCD 2023 – Society for Research in Child Development, Biennial Meeting* [Oral symposium contribution].
- 2022 Lionetti, F., **Sperati, A.**, Spinelli, M., Fasolo, M. & Pluess, M. (2022). Observer rated Environmental Sensitivity in infants. Stability over time and association with emotion recognition and regulation. *XXXIV Italian Association of Psychology (AIP) Congress, Padova 27-30 september*. [Oral symposium contribution]
- 2022 **Sperati, A.**, Gigliotti, G., Pastore, M., Pluess, M., Lionetti, F. (2022). The parent-report version of the Highly Sensitive Child scale: validation and association with temperament. *XXXIV Italian Association of Psychology (AIP) Congress, Padova 27-30 september*. [Oral contribution]
- 2022 Guerra G.C., Nicolì I., Camera G., Gigliotti G., **Sperati A.**, Passaquindici I. (2022). L'infant-Directed Speech nella lingua italiana: un confronto tra madri e padri. *XII Edizione Giornate CLASTA, Firenze 13-14 Maggio 2022*. [Poster contribution].
- 2022 Logrieco, M. G., Spinelli, M., **Sperati, A.**, Fasolo, M., Garito, M. C., Gigliotti, G., Guerra, G., Nicolì, I., Ponzetti, S., Lionetti, F. (2022). The roots of emotion regulation development in dyadic synchrony: the moderating role of Environmental Sensitivity. *ISSBD 2022 - International Society for the Study of Behavioural Development, Biennial Meeting* [Oral symposium contribution].
- 2022 **Sperati, A.**, Dellagiulia, A., Verderame, C., Lionetti, F., Spinelli, M., Fasolo, M. (2022). Attachment representations and emotion regulation in school age children. The

- moderating role of environmental sensitivity. *ISSBD 2022- International Society for the Study of Behavioural Development, Biennial Meeting*. [Poster contribution]
- 2022 **Sperati, A.**, Spinelli, M., Fasolo, M., Pastore, M., Pluess, M., Lionetti, F. (2022). Investigating sensitivity through the lens of parents. Validation of the highly sensitive child scale parent-report version. *ISSBD 2022 - International Society for the Study of Behavioural Development, Biennial Meeting* [Poster contribution]
- 2021 **Sperati, A.**, Gigliotti, G., Ponzetti, S. (2021). L'impatto dello stress genitoriale sulla regolazione delle emozioni in bambini in età scolare: il ruolo moderatore dell'Environmental Sensitivity. *XXXIII Italian Association of Psychology (AIP) Congress, Bari 20-23 September*. [Oral contribution]
- 2021 Nicolì, I., Spinelli, M., Lionetti, F., Logrieco, M.G., Gigliotti, G., Guerra, G., **Sperati, A.**, Fasolo, M. (2021). Parlatori tardivi, tipici e precoci: esistono predittori nei primi due anni di vita? Uno studio pilota italiano. *XI Edizione Giornate CLASTA, 14-15 maggio 2021*. [Poster contribution]
- 2021 **Sperati, A.**, Dellagiulia, A., Lionetti, F., Fasolo, M., Spinelli, M. (2021). "My true not real friend": imaginary companion, socio-emotional competence and behavioural problems in school age children. A multi-informant study. *EADP-Summer Tour September 2021*. [Oral contribution]
- 2020 Lionetti, F., Spinelli, M., Dellagiulia, A., **Sperati, A.**, Verderame, C., Pluess, M. (2020). Il ruolo della relazione genitore-figlio e dell'environmental sensitivity del bambino nel predire l'adattamento emotivo-comportamentale al lock-down: uno studio longitudinale con bambini in età scolare. *Giornate di Studio "Emergenza Covid-19. Ricadute evolutive ed educative"-Developmental and Educational Psychology Section (AIP), 15-16 settembre, Bari*. [Poster contribution]
- 2020 **Sperati, A.**, Verderame, C., Lionetti, F., Dellagiulia, A. (2020). Pretend play, real emotions? A comparison between affect in reality, free pretend play and play with attachment system activation. *ISSBD - International Society for the Study of Behavioural Development, Biennial Meeting (postponed to 2022 due to Covid-19)*. [Poster contribution]
- 2019 Dellagiulia, A., **Sperati, A.**, Verderame, C. (2019). L'ora della nanna. Qualità del sonno, routine di addormentamento e problematiche comportamentali in età prescolare. *XXXII Italian Association of Psychology (AIP) Congress, Napoli 23-25 September*. [Oral symposium contribution]

CONTRIBUTIONS TO INTERNATIONAL AND SCIENTIFIC BLOGS

- 2025 **Sperati, A.**, Lionetti, F. (2025). Raising Sensitive Minds: How Warm Parenting Fosters Emotion Regulation in Highly Sensitive Children. <https://sensitivityresearch.com/raising-sensitive-minds-how-warm-parenting-fosters-emotion-regulation-in-highly-sensitive-children/>

- 2023 **Sperati, A.**, Lionetti, F. (2023). Investigating Sensitivity Through the Lens of Parents. *Sensitivityresearch.com*
<https://sensitivityresearch.com/2023/11/>
- 2021 **Sperati, A.** Lo smartworking: così vantaggioso da restare dopo la pandemia? *Economia comportamentale. Il portale italiano dedicato all'incontro tra economia e psicologia.*
<https://www.economiacomportamentale.it/2021/07/16/lo-smartworking-cosi-vantaggioso-da-restare-dopo-la-pandemia/>

TEACHING ACTIVITY

- 2024-2025 **Methods for the assessment of behaviour** (20h)
 Master's Degree in Developmental Psychology
 Department of Psychology
 University G. d'Annunzio, Chieti-Pescara
- 2024-2025 **Developmental Psychology (I)** (3h)
 Bachelor's Degree in Developmental Psychology
 Department of Psychology
 University G. d'Annunzio, Chieti-Pescara
- 2024 **Tutor Summerschool of Methodology** (8h)
 Modelli di Path Analysis per disegni longitudinali e metodi di analisi dei missing values
 Associazione italiana di Psicologia, sez. Psicologia dello sviluppo
- 2023-2024 **Parenting and Emotional Development in Childhood** (3h)
 Master's Degree in Developmental Psychology
 Department of Neurosciences, Imaging, and Clinical Sciences
 University G. d'Annunzio, Chieti-Pescara
- 2023-2024 **Typical and Atypical Development in Family and School Contexts** (3h)
 Bachelor's Degree in Psychological Sciences and Techniques
 Department of Neurosciences, Imaging, and Clinical Sciences
 University G. d'Annunzio, Chieti-Pescara
- 2023-2024 **The Role of Emotions in Wellbeing** (8h)
 Psychology of Wellbeing and Performance, English Master's Course
 Department of Psychological, Health, and Territorial Sciences
 University G. d'Annunzio, Chieti-Pescara
- 2023-2024 **Adolescent Psychology** (3h)
 Master's Degree in Developmental Psychology
 Department of Neurosciences, Imaging, and Clinical Sciences
 University G. d'Annunzio, Chieti-Pescara
- 2022-2023 **Developmental Psychology and Educational Psychology** (3h)
 Study Course in Health Assistance

Department of Medicine and Aging Sciences
University G. d'Annunzio, Chieti-Pescara

- 2022-2023 **Parenting and affective development in infancy** (12h) – EX EPG
Master's degree in Developmental Psychology,
Department of Neurosciences, Imaging, and Clinical sciences,
University G. d'Annunzio of Chieti-Pescara, IT
- 2021-2022 **Affective Developmental Psychology** (12h)
Master's degree in Developmental Psychology,
Department of Neurosciences, Imaging, and Clinical sciences,
University G. d'Annunzio of Chieti-Pescara, IT
- 2019-2020 **Seminar in Developmental Psychology Seminar** (3h)
Bachelor's degree in Developmental and Educational Psychology
Institute of Psychology
Salesian University of Rome, IT.

REVIEWING ACTIVITY

- 2022 – Reviewer ad hoc for indexed journals: Applied Network Science, Child and Family Studies, Child Indicators Research, European Journal of Developmental Psychology, Journal of Family Psychology, Frontiers in Psychology, International Journal of Bullying Prevention, Journal of Happiness Studies, Scientific Report, Sexuality and Culture, Social Psychology of Education, Stress & Health

STUDENTS SUPERVISION

- 2020 – Co-supervisor of master of science thesis projects (14 students). Department of Psychology, University G. d'Annunzio, Chieti-Pescara, IT.
- 2020 – Co-supervisor of trainees in psychology. Department of Neurosciences, Imaging and Clinical Sciences, University G. d'Annunzio, Chieti-Pescara, IT.

PROFESSIONAL QUALIFICATION

- 2023 – Culture della materia Genitorialità e Sviluppo affettivo nell'infanzia, master
- 2023 – Culture della materia Fattori di rischio e protezione in adolescenza, master
- 2022 – Culture della materia Valutazione dello sviluppo linguistico tipico e atipico
- 2022 – Culture della materia Psicologia dello sviluppo (II), bachelor
- 2021 – Culture della materia Psicologia dello sviluppo emotivo, bachelor

ACADEMIC DUTIES

- 2024 – **Chairing activity**
Chair of the Post-doc Sensitivity Research International Meetings
- 08/2023 Holder of the Seminar talk "Environmental Sensitivity in infants" at School of Psychology, University of Surrey, Guildford, UK.
- 07/2023 – **Visiting activity**

Visiting PhD researcher at School of Psychology, University of Surrey, Guildford, UK.
Supervisor: prof Michael Pluess

2022 – **Chairing activity**
Chair of the PhD Sensitivity Research International Meetings

MEMBERSHIP OF SCIENTIFIC SOCIETY

2022 – Student Member of the Early Researchers Union (ERU) at the European Association of Developmental Psychology

2021 – Member of the Italian Association of Psychology, Development and Education Psychology Section

GRANTS

2023 Grant from the Collaboration Small grant from the European Association of Developmental Psychology (amount: 5.000€)

FELLOWSHIP

2024 Fellowship from the Italian Association of Psychology (AIP) for young researchers (amount: 500€)

2023 Fellowship of the Italian Association of Psychology (AIP) to attend the summer school *Path models for cross-sectional and longitudinal data*. AIP-Development and education psychology section, directing by Prof Fabio Presaghi

2023 Fellowship of the Italian Association of Psychology (AIP) for young researchers (amount: 500€).

2023 Fellowship of the EADP to attend the Early Researchers Union Writing Week – Rethymno, Greek Island of Crete.

2021 Fellowship of the Italian Association of Psychology (AIP) to attend the summer school *Multiple regression models for longitudinal and cross-sectional research designs: mediating and moderating effects*. AIP-Development and education psychology section, directing by Prof Fabio Presaghi

TRAININGS

2023, 13-14/10 **Secure based script official training**

Training for the narrative assessment of the adult attachment representation

2023, 10-13/07 **Path models for cross-sectional and longitudinal data. Applications in R.**

Italian Association of Psychology (AIP), Development and education psychology section. Methodological summerschool, University of Chieti-Pescara

2021, 12-14/07 **Multiple regression models for longitudinal and cross-sectional research designs: mediating and moderating effects. Applications in SPSS.**

Italian Association of Psychology (AIP), Development and education psychology section. Methodological summerschool, University of Chieti-Pescara

- 2019 **First Level Training of Coping Power School – PreventionProgram (20 hours).**
Scientific director and Lecturer Dr Iacopo Bertacchi. Certified in collaboration with Prof John E. Lochman, University of Alabama (USA).

OTHER SKILLS

R software, Jamovi software, Jasp software

Limesurvey software, Qualtrics software

Office suite

AWARDS and ACKNOWLEDGMENTS

- 2019 **University Award** received by Rev. D. Mauro Mantovani, Magnificent Rector of Salesian University of Rome, as acknowledgment of the excellence in academic results.
- 2019 **Fondazione Francesco Manni Scholarship** received by *Fondazione Francesco Manni, Maranello (MO)* for the excellence in academic results (Amount: 2.000€).
- 2017 **University Award** received by Rev.mo D. Ángel Fernández Arttime, Great Chancellor and Salesian Major Rector, as acknowledgment of excellence in academic results.

08/01/2025