



Personal information

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Nationality Italian
Date of birth 17/04/1997
Gender F

Work experience

<i>Dates</i>	Academic Year 2022/2023 - Present
<i>Occupation or position held</i>	Teaching assistant within the master's degree in Clinical Psychology (LM-51)
<i>Occupation or position held</i>	Cycles of lectures and laboratories, aimed at deepening the complex clinical and research aspects related to the following topics: <ul style="list-style-type: none"> • Dual diagnosis, evidence-based treatments and psychotherapy effectiveness among patients with Substance Use Disorders (within the course "Dipendenze Patologiche – prof. Maria Di Blasi) • Gender diversity and incongruence, and pharmacological suppression of pubertal development (within the course "Psicologia Clinica dell'Adolescenza" – prof. Maria Di Blasi) • End of Life and palliative care (within the course "Psicologia Clinica della Salute" – prof. Laura Salerno)
<i>Name and type of organisation</i>	Department of Psychology, Educational Science and Human Movement of the University of Palermo
<i>Dates</i>	March 2023 – March 2024
<i>Occupation or position held</i>	Position of teaching tutor for students (courses: "Fondamenti e Storia della Psicologia", "Psicologia clinica", "Fondamenti di psicopatologia", "Psicopatologia e psicodiagnostica", "Psicoterapia", "Dipendenze patologiche" e "Psicologia clinica dell'adolescenza")

<i>Main activities and responsibilities</i>	Individual consultations; group consultations; practical exercises in disciplinary areas; didactic and methodological support to learning applied to the specific subjects of the tutoring; support to the realization of the final Thesis (bachelor's degree and master's degree); enhancement of study methods; informative support about single courses and programs.
<i>Name and type of organisation</i>	Department of Psychology, Educational Science and Human Movement of the University of Palermo
<i>Dates</i>	February 2022 – February 2024
<i>Occupation or position held</i>	Participation in the Division-49 of the American Psychological Association (APA) with the research program “Evidence-Based Group Therapy” (EBGT) , organized by the American Group Psychotherapy Association (Prof. Gary Burlingame and Prof. Bernhard Strauss)
<i>Main activities and responsibilities</i>	<p>Development of a website for the collection and updating of the latest evidence supporting the effectiveness of group therapies for the treatment of Substance Use Disorder (Evidence-Based Group Therapy, EBGT).</p> <p>The project involves international experts and collaborators to develop web pages that systematize various evidence-based group treatments for 12 specific psychiatric disorders. It is supported by the American Psychological Association Division 49, the American Group Psychotherapy Association, the German Ministry of Health in collaboration with the Institute of Psychosocial Medicine, Psychotherapy, and Psycho-oncology at Jena University Hospital, and numerous international collaborators. The project ended with an international workshop at the “Friedrich Schiller” University of Jena (Germany) from the 22nd to the 25th of October 2023.</p>
<i>Name and type of organisation</i>	Department of Psychology, Educational Science and Human Movement of the University of Palermo; American Group Psychotherapy Association; Institut für Psychosoziale Medizin, Psychotherapie und Psychoonkologie of the University “Friedrich Schiller” of Jena
<i>Dates</i>	1 st April 2022 – 1 st November 2022
<i>Occupation or position held</i>	Admission to the 6-months research fellowship ““Valutazione, monitoraggio e realizzazione di modelli psicologici applicativi per il contrasto delle new addictions” (CUP: B75F21002790005) held with D.R. no. 738 of the 15 th of February 2022 by the University of Palermo
<i>Main activities and responsibilities</i>	<p>Evaluation, monitoring, and implementation of psychological interventions to address behavioral addictions (gambling, compulsive shopping, Internet Gaming Disorder) in adults and adolescents.</p> <p>The activity also included conducting several seminar cycles on the topic of compulsive shopping, as part of a PCTO program (Percorso per le Competenze Trasversali e l'Orientamento), held at the high schools “B. Croce,” “Keynes,” “Ascione,” and “Galilei” (Palermo, Italy)</p>
<i>Name and type of organisation</i>	<p>Department of Psychology, Educational Science and Human Movement of the University of Palermo.</p> <p>COORDINATOR: prof. Elisabetta Di Giovanni. TUTOR: prof. Maria Di Blasi</p>
Research activity and participation in national and international research groups	
<i>Dates</i>	10 th October 2024 – Present
<i>Occupation or position held</i>	Participation in an 8-months research period at the “Friedrich Schiller” University of Jena (Germany)

<i>Main activities and responsibilities</i>	Realization of two studies investigating the role of Desire Thinking and various underlying psychological factors in problematic gaming, focusing on the specific impact of compensation experience, escapism and avatar identification. The research period at the University of Jena relevantly contributes to the development of the doctoral project "Desire Thinking and its potential underlying factors in addictions and problematic behaviours", and ultimately, to the drafting of a coherent and comprehensive doctoral thesis.
<i>Name and type of organisation</i>	Institut für Psychosoziale Medizin, Psychotherapie und Psychoonkologie of the University "Friedrich Schiller" of Jena. TUTOR: prof. Bernhard Strauss
<i>Dates</i>	November 2024 – Present
<i>Occupation or position held</i>	Participation in the PRIN 2022 PNRR Project – "Digital Ostracism (DIGOST): Psychological approaches for understanding the phenomenon and tackling its adverse impact on well-being." CUP: B53D23030040001
<i>Main activities and responsibilities</i>	Literature review about digital ostracism, phubbing and ghosting; item development for interviews and questionnaires; participants recruitment; training on analysis of qualitative transcripts of focus groups; participation as an observer in the focus groups conducted; transcription and thematic analysis of the focus groups. The project aims to investigate in which extent the frequent adoption of DO practices might be the expression of maladaptive personality traits, psychological difficulties, or the intensive managing process of virtual identities to the disadvantage of face-to-face interactions.
<i>Name and type of organisation</i>	Collaboration between the University of Milano-Bicocca and the University of Palermo – prof. Laura Salerno
<i>Dates</i>	January 2022 – March 2022
<i>Occupation or position held</i>	Participation in a research group for the study on the role of intolerance of uncertainty in psychological reactions during the COVID-19 pandemic (INTOLERANCE OF UNCERTAINTY AND PSYCHOLOGICAL REACTIONS DURING THE COVID-19 PANDEMIC)
<i>Main activities and responsibilities</i>	Within this research, which is linked to a published journal article, data were collected through the administration of a test battery that included, among other instruments, the Intolerance of Uncertainty Scale (IUS), the Fear of COVID-19 Scale (FCV-19S), and a set of three ad hoc items designed to assess risk perception related to the virus. The study aimed to explore the role of intolerance of uncertainty in shaping risk perception and pandemic-related stress.
<i>Name and type of organisation</i>	Department of Psychology, Educational Science and Human Movement of the University of Palermo
<i>Dates</i>	September 2021 - Present
<i>Occupation or position held</i>	Participation in a research group for the analysis of drug-related dreams in patients with substance use disorder (DRUG-RELATED DREAMS IN PEOPLE SUFFERING FROM SUBSTANCE ADDICTION)
<i>Main activities and responsibilities</i>	The research group focuses on a clinical and systematic evaluation of the scientific literature on the clinical phenomena of drug-related dreams — dreams depicting the substance of abuse in populations of individuals with substance addiction, most often occurring during withdrawal. This research collaboration is linked to the preparation of a scientific contribution, currently in preparation, in the form of a systematic review.
<i>Name and type of organisation</i>	Department of Psychology, Educational Science and Human Movement of the University of Palermo
<i>Dates</i>	May 2021 – September 2021
<i>Occupation or position held</i>	Participation in the multicentre research group (University of Palermo, University of Naples, University of Salento, University of Padua, and University of Perugia) for the quantitative study "PSYCHOLOGICAL WELL-BEING AND DISTRESS DURING THE COVID-19 EMERGENCY." And the qualitative study "RESILIENCE AND VULNERABILITY DURING THE COVID-19 EMERGENCY."

<i>Main activities and responsibilities</i>	The group's work involves developing longitudinal quantitative and qualitative studies to analyse psychological well-being and distress during COVID-19. It is structured around an in-depth bibliographic review, continuous training to acquire methodological skills for data collection, the formulation of hypotheses related to psychological and relational processes, data analysis and interpretation, and the publication of scientific contributions.
<i>Name and type of organisation</i>	Department of Psychology, Educational Science and Human Movement of the University of Palermo, University of Naples, University of Salento, University of Padua, and University of Perugia
<i>Dates</i>	April 2021 – September 2022
<i>Occupation or position held</i>	Participation in a research group for the evaluation of patients' personal experiences with the transition to online group psychotherapy (PATIENTS' PERSPECTIVE ABOUT THE TRANSITION TO ONLINE PSYCHOTHERAPY DURING COVID-19 PANDEMIC)
<i>Main activities and responsibilities</i>	The research project is the result of a collaboration between the Department of Psychology, Educational Science and Human Movement of the University of Palermo and the psychotherapist Dr. Ivan Ambrosiano, vice president of ASVEGRA (Associazione Veneta per la Ricerca e la Formazione in Psicoterapia Analitica di Gruppo e Analisi Istituzionale). It focused on analysing and exploring the experiences and clinical implications of the transition from in-person group therapy to online therapy (tele-psychotherapy) during the pandemic and resulted in the publication of two papers.
<i>Name and type of organisation</i>	Department of Psychology, Educational Science and Human Movement of the University of Palermo
Memberships	
<i>Dates</i>	1° GENNAIO 2022 – Present
<i>Name and type of the affiliate organisation</i>	Affiliate member of the Italian Association of Psychology (Associazione Italiana di Psicologia, AIP) – Section of "Psicologia Clinica e Dinamica"
Education and training	
<i>Dates</i>	1 st of November 2022 - Present
<i>Occupation or position held</i>	Admission to the Ph.D. program in "HEALTH PROMOTION AND COGNITIVE SCIENCES" at the University of Palermo, Academic Year 2022/2023 (38th Cycle)
<i>Main activities and responsibilities</i>	Development of the doctoral project "Desire Thinking and its potential underlying factors in addictions and problematic behaviours", aimed to investigate craving and desire thinking across different kinds of addictive behaviours (i.e., substance and behavioural addictions), with a particular attention to videogaming and the wider digital media frame.
<i>Name and type of organisation</i>	Department of Psychology, Educational Science and Human Movement of the University of Palermo
<i>Date</i>	7 th of October 2022
<i>Title of qualification awarded</i>	Qualification for the practice of the profession of Psychologist (Section A of the Order of Psychologists of the Sicilian Region)
<i>Name and type of organisation providing education and training</i>	University of Palermo

<i>Dates</i>	October 2018 – March 2021
<i>Title of qualification awarded</i>	Master's Degree in PSICOLOGIA CLINICA (LM-51) Obtained on the 26 th of March 2021 with a final mark of 110/110 cum laude
<i>Name and type of organisation providing education and training</i>	University of Palermo
<i>Dates</i>	October 2015 – July 2018
<i>Title of qualification awarded</i>	Bachelor's Degree in SCIENZE E TECNICHE PSICOLOGICHE (L-24) Obtained on the 26 th of July 2018 with a final mark of 110/110 cum laude
<i>Name and type of organisation providing education and training</i>	University of Palermo
Other educational activities	
	1 st of July 2024 Partecipazione al corso formativo "Introduction to Meta-Analysis: Techniques and Applications" (Prof. Terri Pigott, Georgia State University, USA) University of Palermo
	24 th of June 2024 Partecipazione al corso formativo "Introduction to Systematic Reviews: Types and Procedures" (Prof. Marta Pellegrini, Università degli Studi di Cagliari) University of Palermo
	May 2023 – June 2023 Partecipazione al corso formativo "Composite Indicators for Social Sciences" (Prof. Daria Mendola, Università degli Studi di Palermo) University of Palermo
	March 2023 – May 2023 Partecipazione al corso formativo "C1 Open Badge: English for Academic Purposes" (Prof. Michael J. Redmond, Università degli Studi di Palermo) University of Palermo
	Academic Years 2022/2023 and 2023/2024 Partecipazione ai corsi formativi "Laboratorio di Metodologia per la Ricerca Sociale" (Prof. Sonia Ingoglia, prof. Anna Maria Parroco, prof. Daria Mendola, prof. Laura Salerno, prof. Stefano Boca, Università degli Studi di Palermo) University of Palermo
Publications and participation in conferences	

Salerno, L., Bonfanti, R. C., **Graffeo**, M. T., & Di Blasi, M. (2025). Partner phubbing and psychological distress among adults in intimate relationships: the mediating role of relationship dissatisfaction. Accepted contribution for the "10th International Conference on Behavioral Addictions (ICBA 2025)". 7-9 July 2025.

Lo Coco, G., **Graffeo**, M. T., & Albano, G. (2024). Implementing group therapy for adults with substance use disorders: What research-based evidence? *Group Dynamics: Theory, Research, and Practice*, 28(3), 199–215. <https://doi.org/10.1037/gdn0000222>

Graffeo, M.T. (2024). Which assessment for dedicated services for adolescents with PSU? A case-study report. E-short communication presented at the conference "European Conference on Addictive Behaviors and Dependencies Lisbon Addiction 2024. 23-25 Ottobre 2024.

Graffeo, M. T. & Muscolino, A. (2024). Digital ostracism: a qualitative study on the specific characteristics of ghosting and phubbing. Poster winner of the prize "Premio Miglior Poster" at the conference "XXIV Congresso Nazionale della Sezione di Psicologia Clinica e Dinamica dell'Associazione Italiana di Psicologia". 12-15 September 2024.

Di Giovanni, E., Zarcone, R., & **Graffeo**, M. T. (2024). La valutazione d'impatto del progetto. In M.G. Giorgia Coppola (a cura di), *In-dipendenti. Un progetto per la prevenzione alle ludopatie digitali e comportamentali* (pp. 99-201). Unipa Press.

Lavanco G., **Graffeo**, M.T., & Coppola, G. (2024). Le dipendenze socialmente incentivate. Lo shopping compulsivo. In G. Coppola, M. Gangi (a cura di), *In-dipendenti. Un progetto per la prevenzione alle ludopatie digitali e comportamentali* (pp. 37-50). Palermo: Palermo University Press.

Salerno, L., Pepi, A., **Graffeo**, M. T., Albano, G., Giordano, C., Lo Coco, G., & Di Blasi, M. (2023). Understanding Problematic Gaming During the Covid-19 Pandemic in Adolescents and Adults: A Systematic Review of the Literature. *Clinical neuropsychiatry*, 20(4), 370–387. <https://doi.org/10.36131/cnfioritieditore20230418>

Di Caro A., Di Blasi M., **Graffeo** M. T., Ponente A., Giordano C. (2023). A theoretical framework for the assessment of problematic smartphones use. A case-study report. Regular talk presented at the conference "XXIII Congresso Nazionale della Sezione di Psicologia Clinica e Dinamica dell'Associazione Italiana di Psicologia". 14-17 September 2023.

Graffeo M. T., Pepi, A. (2023) Online gaming during the covid-19 pandemic: a systematic review. Mini talk presented at the conference "XXIII Congresso Nazionale della Sezione di Psicologia Clinica e Dinamica dell'Associazione Italiana di Psicologia". 14-17 September 2023.

Graffeo, M.T., Albano, G., Salerno, L., Di Blasi, M., & Lo Coco, G. (2022). The mediating role of risk perception on the relationship between intolerance of uncertainty and fear during the Covid-19 pandemic. *PSYCH* 2022, 4(2), 269-276. <https://doi.org/10.3390/psych4020023>

Ambrosiano, I., Gullo, S., Di Caro, A.V., **Graffeo**, M.T., & Giordano, C. (2022). La prospettiva dei pazienti nel transito alla psicoterapia di gruppo online. *Gruppi*, 2, 2021.

Giordano, C., Ambrosiano, I., **Graffeo**, M. T., Di Caro, A., & Gullo, S. (2022). The transition to online psychotherapy during the pandemic: a qualitative study on patients' perspectives. *Research in psychotherapy (Milano)*, 25(3), 638. <https://doi.org/10.4081/ripppo.2022.638>

Graffeo M.T., Albano, G., & Salerno, L., & Di Blasi, M. (2022). Drug-related dreams in people suffering from substance addiction: A systematic evaluation of the literature (in preparation).

Teti, A., Albano, G., Scrò, A., Bonfanti, R.C., Fortunato, L., **Graffeo**, M.T., Gullo, S., & Lo Coco, G. (2022). Therapist personal characteristics and their influence in the treatment of eating disorders: a systematic review. EU-SPR poster session for young researchers (online poster presentation). 22-24 September 2022

Di Caro, A. V. & **Graffeo**, M. T. (2022). Patients' perspective about the transition to online psychotherapy during COVID-19 pandemic. Regular talk presented at the conference "XXX Congresso della Associazione Italiana di Psicologia". 27-30 October 2022.

Personal skills and competences

Mother tongue(s)

Italian

Other language(s)

Self-assessment

European level (*)

English

Spanish

Understanding				Speaking				Writing	
Listening		Reading		Oral interaction		Oral production			
B 2	Advanced	B 2	Advanced	B 2	Advanced	B 2	Advanced	B 2	Advanced
B 2	Advanced	B 2	Advanced	B 2	Advanced	B 2	Advanced	B 2	Advanced

(*) Common European Framework of Reference for Languages (CEFR)

Social, organizational, technical and computer skills and competences

- Ability to work in interdisciplinary or international teams.
- Capability to independently manage research work.
- Skills in effectively communicating research findings in academic and non-academic settings.
- Strong communication and interpersonal skills, along with adaptability: a proactive approach to teamwork, supported by independent and parallel personal training, as well as the production of ideas and materials relevant to group objectives.
- Report writing, planning, implementation, and evaluation of projects in educational and training contexts within the psychological-clinical field.
- Technical observation and listening skills in educational and career guidance settings, with the ability to analyze orientation-related demands.
- Proficiency in Microsoft Windows XP – 11 and Office Suite (Word, Excel, PowerPoint).
- Mastery of Google tools (Google Drive, Gmail, Forms, Slides, Sheets, Meet).
- Good knowledge of statistical software (SPSS 26, R, Jamovi, EndNote).
- Ability to read and interpret administrative documents relevant to educational institutions (universities, schools) and familiarity with privacy regulations and sensitive data management.
- Experience in audio transcription (e.g., telephone interviews).
- Proficiency in data management software, including big data applications.
- Solid knowledge and experience in statistics and research methodology for empirical investigations of socio-psychological constructs, including:
 - Planning qualitative and quantitative research designs
 - Data collection and organization
 - Basic statistical analysis of qualitative and quantitative data
 - Formulation and testing of hypotheses on variable relationships
 - Correlation and regression analysis

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The undersigned is aware that, pursuant to art. 26 of Law 15/68, and Articles. 46 and 47 of Presidential Decree 445/2000, false statements, falsified acts and use of false acts are punishable under the Penal Code and special laws. Moreover, the undersigned authorizes the processing of personal data, in accordance with the provisions of Law 675/96 of 31 December 1996.

Palermo, 12/03/2025

Dott.ssa Maria Teresa Graffeo

