

CURRICULUM VITÆ

Alessio Matiz



PERSONAL INFORMATION

E-mail: alessio.matiz@uniud.it

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EDUCATION

From 1-11-2021 to present

Sapienza University of Rome

- Student in PhD program in Psychology and Social Neuroscience (curriculum: Cognitive Social and Affective Neurosciences)

From 4-11-2013 to 26-6-2017

Scuola Superiore “S.Anna” Pisa

- PhD in Digital Emerging Technologies (curriculum: Perceptual Robotics)
- Final grade: 110L/110

From 20-9-2010 to 11-4-2013

University of Udine

- BSc in Social Health Education (faculty of Medicine)
- Final grade: 110L/110

From 1-9-1998 to 19-4-2005

University of Udine

- BSc and MSc in Electronic Engineering (curriculum Automation)
- Final grade: 104/110

From 20-9-1992 to 22-7-1998

High school, Gemona del Friuli (UD)

- Degree: scientific
- Final grade: 60/60

ACADEMIC WORK EXPERIENCE

From 1-5-2021 to present

University of Udine - Department of Languages and Literatures, Communication, Education and Society (DILL)

- Research Fellow in Clinical Psychology (M-PSI08)

From 1-3-2021 to 30-4-2021

University of Udine - DILL

- Scientific collaborator

From 1-2-2020 to 31-1-2021

University of Udine - DILL

- Research Fellow in Clinical Psychology (M-PSI08)

From 12-9-2018 to present

University of Udine - Master program in “Meditation and Neuroscience”

- Academic Tutor

OTHER WORK
EXPERIENCES

From 7-10-2013 to 31-12-2019

Cooperativa Sociale “Comunità di Rinascita” ONLUS - Tolmezzo (UD)

- Educator for adults with disabilities

From 1-3-2013 to 20-9-2013

Cooperativa Sociale “Itaca” ONLUS

- Educator for adults with psychiatric disabilities

From 24-10-2005 to 11-7-2017

Foundation “Casa dell’Immacolata di don Emilio de Roja” - Udine

- Educator for under-age foreigners and adults with alcohol-dependence

From 2013 to present

- Mindfulness-Oriented Meditation instructor (in 8-week training courses for pre-school, primary and secondary school teachers; private company professionals; primary school children; university students; university employees; healthcare workers; psychiatric outpatients; prisoners)

3-10-2020

Edizioni Centro Studi Erickson

- Teacher for the course “Mindfulness for ADHD and neurodevelopmental disorders”

From 1-2-2019 to present

University of Udine, FVG region, Public Healthcare System

- Teacher for Mindfulness-Oriented Meditation (children protocol) instructors in the primary school

From 2019 to present

Foundation “Progetto Uomo”

- Teacher for Mindfulness-Oriented Meditation instructors (four editions)

ACADEMIC
TEACHING

From 2020 to 2022

University of Udine - Department of Medicine

- Teacher of “Notions of clinical psychology applied to motor sciences” (24 hours, SSD: M-PSI/08) for the BSc in Motor Sciences

From 2021 to present

University of Udine - Department of Medicine; Department of Languages and Literatures, Communication, Education and Society

- Thesis supervisor and co-supervisor

13-7-2018, 21-6-2019, 18-6-2020, 21-5-2021, 10-12-2021, 14-10-2022, 15-1-2023, 19-1-2024

University of Udine

- Teacher at the Master program in “Meditation and Neuroscience”

RESEARCH
ACTIVITIES

From 3-9-2021 to present

Frontiers in Psychology, Consciousness Research

- Review Editor

From 2020 to present

Frontiers in Psychology, Journal of Cognitive Enhancement, International Journal of Environmental Research and Public Health, Journal of Clinical Medicine, SAGE Open, Plos ONE, Mindfulness, Scientific Reports, Acta Neuropsychiatrica, British

Journal of Psychology, Journal of Psychiatric Research, Psychology Research and Behavior Management, BMC Psychology

- Reviewer

From 21-10-2020 to 31-10-2021

Journal Behavioral Sciences

- Editor for the Special Issue “Mindfulness-Based Practice for Stress Management and Enhancing Well-Being”

From 19-7-2016 to 18-2-2017

Carinthia University of Applied Sciences, Klagenfurt, Austria

- PhD research period abroad

From 25-5-2016 to 24-1-2016

University-hospital “S.Maria della Misericordia”, Udine

- Voluntary attendance as electronic engineer by the Neurology unit

PUBLICATIONS

Articles in journal:

- Matiz, A., Fabbro, F., Crescentini, C. (2024). Mindfulness through storytelling for mental health of primary school children: impact on acceptability and its associations with personality. *Psychol Res Behav Manag*, 17, 1757-1774.
- Matiz, A., Scaggiante, B., Conversano, C., Gemignani, A., Pascoletti, G., Fabbro, F., Crescentini, C. (2024). The effect of mindfulness-based interventions on biomarkers in cancer patients and survivors: A systematic review. *Stress Health*, e3375.
- Matiz, A., D’Antoni, F., Pascut, S., Ciacchini, R., Conversano, C., Gemignani, A., Crescentini, C. (2024). Loneliness and Problematic Internet Use in Adolescents: The Mediating Role of Dissociation. *Children*, 11(11), 1294.
- Matiz, A., Fabbro, F., Paschetto, A., Urgesi, C., Ciucci, E., Baroncelli, A., Crescentini, C. (2022). The impact of the COVID-19 pandemic on affect, fear, and personality of primary school children measured during the second wave of infections in 2020. *Front Psychiatry*, 12, 803270.
- Matiz, A., Crescentini, C., Bergamasco, M., Budai, R., Fabbro, F. (2021). Inter-brain co-activations during mindfulness meditation. Implications for devotional and clinical settings. *Conscious Cogn*, 95, 103210.
- Matiz, A., Fabbro, F., Paschetto, A., Cantone, D., Paolone, A.R., Crescentini, C. (2020). Positive impact of mindfulness meditation on mental health of female teachers during the COVID-19 outbreak in Italy. *Int J Environ Res Public Health*, 17(18), 6450.
- Matiz, A., Guzzon, D., Crescentini, C., Paschetto, A., Fabbro, F. (2020). The role of self body brushing vs mindfulness meditation on interoceptive awareness: a non-randomized pilot study on healthy participants with possible implications for body image disturbances. *Eur J Integr Med*, 101168.
- Matiz, A., Crescentini, C., Boaro, E., Piani, F., Fabbro, F. (2020) Follow-up study on the reduction of burnout levels through mindfulness meditation in health care professionals. *G Ital Med Lav Ergon*, 42(2), 102-108.
- Matiz, A., Crescentini, C., Fabbro, A., Budai, R., Bergamasco, M., Fabbro, F. (2019). Spontaneous eye movements during focused-attention mindfulness meditation. *PlosONE*, 14(1), e0210862.
- Matiz, A., Fabbro, F., Crescentini, C. (2018). Single vs. group mindfulness meditation: effects on personality, religiousness/spirituality, and mindfulness skills. *Mindfulness*, 9, 1236–1244.
- Lazzarelli, A., Scafuto, F., Crescentini, C., Matiz, A., Orrù, G., Ciacchini, R., Alfì, G., Gemignani, A., Conversano, C. (2024). Interoceptive Ability and Emotion Regulation in Mind-Body Interventions: An Integrative Review. *Behavioral sciences (Basel, Switzerland)*, 14(11), 1107.
- Ciacchini, R., Conversano, C., Orrù, G., Scafuto, F., Sabbatini, S., Paroli, M., Miniati, M., Matiz, A., Gemignani, A., Crescentini, C. (2024). About Dis-

- tress in Chronic Pain Conditions: A Pre-Post Study on the Effectiveness of a Mindfulness-Based Intervention for Fibromyalgia and Low Back Pain Patients. *International journal of environmental research and public health*, 21(11), 1507.
- Feruglio, S., Pascut S., Matiz, A., Paschetto, A., Crescentini, C. (2022). Effects of mind-body interventions on adolescents' cooperativeness and emotional symptoms. *Behav Sci*, 12(2), 33.
 - Pascut, S., Feruglio, S., Crescentini, C., Matiz, A. (2022) Predictive factors of anxiety, depression, and health-related quality of life in community-dwelling and institutionalized elderly during the COVID-19 pandemic. *Int J Environ Res Public Health*, 19(17), 10913.
 - D'Antoni, F., Matiz, A., Fabbro, F., Crescentini, C. (2022). Psychotherapeutic techniques for distressing memories: a comparative study between EMDR, Brainspotting, and Body Scan Meditation. *Int J Environ Res Public Health*, 19(3), 1142.
 - Feruglio, S., Matiz, A., Pagnoni, G., Fabbro, F., Crescentini, C. (2021). The impact of mindfulness meditation on the wandering mind: a systematic review. *Neurosci Biobehav Rev*, 131, 313-330.
 - Cantone, D., Feruglio, S., Crescentini, C., Cinot, S., Matiz, A. (2021). A Multi-level Approach to Explore the Wandering Mind and Its Connections with Mindfulness and Personality. *Behav Sci*, 11(9), 125.
 - D'Antoni, F., Feruglio, S., Matiz, A., Cantone, D., Crescentini, C. (2021) Mindfulness meditation leads to increased dispositional mindfulness and interoceptive awareness linked to a reduced dissociative tendency. *J Trauma Dissociation*, 23(1), 8-23.
 - Crescentini, C., Feruglio, S., Matiz, A., Paschetto, A., Vidal, E., Cogo, P., Fabbro, F. (2020). Stuck outside and inside: an exploratory study on the effects of the COVID-19 outbreak on Italian parents and children's internalizing symptoms. *Front Psychol*, 11, 586074.
 - Feruglio, S., Matiz, A., Grecucci, A., Pascut, S., Fabbro, F., Crescentini, C. (2020). Differential effects of mindfulness meditation conditions on repetitive negative thinking and subjective time perspective: a randomized active-controlled study. *Psychology & Health*, 36(11), 1275-1298.
 - Feruglio, S., Matiz, A., Fabbro, A., Crescentini C. (2020). Uno studio esplorativo sulla relazione tra mind wandering e mindfulness e sugli effetti della meditazione sui pensieri spontanei. *G Ital Psicol*, 47(1), 265-289.
 - Crescentini, C., Matiz, A., Cimenti, M., Pascoli, E., Eleopra, R., Fabbro, F. (2018). The effect of mindfulness meditation on personality and psychological well-being in patients with multiple sclerosis. *Int J MS Care*, 20(3), 101-108.
 - Fabbro, A., Crescentini, C., Matiz, A., Clarici, A., Fabbro, F. (2017). Effects of mindfulness meditation on conscious and non-conscious components of the mind. *Appl Sci*, 7(4), 349.
 - Crescentini, C., Matiz, A., Fabbro, F. (2015). Improving personality/character traits in individuals with alcohol dependence: the influence of mindfulness-oriented meditation. *J Addict Dis*, 34(1), 75-87.

Book (as author):

- Matiz, A., Paschetto, A. (2022) *Sid e le otto sfere di luce. Come insegnare la meditazione mindfulness ai bambini*. Mimesis.

Books (as editor):

- Fabbro, F., Crescentini, C., Matiz, A. (Eds.). (2024). *Annali di meditazione e neuroscienze: Volume 3 Anno 2023*. Mimesis.
- Crescentini, C., Matiz, A., Fabbro, F. (Eds.). (2021). *Annali di meditazione e neuroscienze: Volume 2 Anno 2021*. Mimesis.
- Fabbro, F., Crescentini, C., Matiz, A. (Eds.). (2020). *Annali di meditazione e neuroscienze: Volume 1 Anno 2020*. Mimesis.

Chapter books:

- Pollazzon, A., Matiz, A., Crescentini, C. (in press). Clinical application of mindfulness-oriented meditation (MOM) in children and adolescents with attention deficit hyperactivity disorder (ADHD). In: *The Science of Embodiment - Trauma, body and relationship*. Edited by Herbert Grassmann, Maurizio Stupiglia, Stephen W. Porges, Norton Professional Books.
- Matiz, A., Cimenti, M. (2023) La meditazione mindfulness in età evolutiva e nei disturbi del neurosviluppo. In: Chiesa, A., Crescentini, C., *Gli interventi basati sulla mindfulness*, Giovanni Fioriti editore.
- Fabbro, F., Crescentini, C., Matiz, A. (2023) La Meditazione Orientata alla Mindfulness (MOM). In: Chiesa, A., Crescentini, C., *Gli interventi basati sulla mindfulness*, Giovanni Fioriti editore.
- Matiz, A., Paschetto, A., Crescentini, C., Fabbro, F. (2020) La meditazione mindfulness per i disturbi del neurosviluppo. In: Castelli, E., Marotta, L., Gazzellini, S., Tarter, G., *Manuale di logopedia*, Erickson.

CONFERENCES
(POSTERS AND
ORAL
INTERVENTIONS)

- 20-6-2024, Padova (Italy). A Matiz, B Scaggiante, C Conversano, A Gemignani, C Crescentini: “Biological effects of mindfulness-based interventions for cancer populations: a systematic review”. Poster presented at the 2nd Conference of the International Society of Contemplative Research.
- 24-5-2024, Ghent (Belgio). G Ponsi, S Sorella, A Matiz, C Crescentini, MS Panasiti, SM Aglioti: “Autonomic thermal signatures of (dis)honest response preparation in mindfulness trained practitioners”. Poster presented at the 7th bi-annual ESCAN meeting.
- 22-9-2023, Foggia (Italy). A Matiz: “Interventi Mindfulness per la scuola”. XXXI National Congress AIRIPA (Italian Association for Research and Intervention in the Psychopathology of Learning). Department of Economics, University of Foggia.
- 16-9-2023, Florence (Italy). A Matiz, M Cimenti, C Crescentini: “Promoting primary schoolchildren’s mental health through a 24-session mindfulness-based program: qualitative analysis of children subjective experiences and their association with personality traits”. XXXIII National Congress of the Italian Psychology Association, section of Clinical and Dynamic Psychology (AIP), University of Florence.
- 5-7-2022, Ljubljana. S Feruglio, A Matiz, G Pagnoni, F Fabbro, C Crescentini: “The impact of mindfulness meditation on the wandering mind: a systematic review”. Poster presented at the 17th European Congress of Psychology.
- 13-5-2021, online conference. F D’Antoni, S Feruglio, A Matiz, D Cantone, C Crescentini: “Mindfulness oriented meditation training leads to increased dispositional mindfulness and interoceptive awareness linked to reduced dissociative tendencies”. Poster presented at the 10th International Congress of Cognitive Psychotherapy.
- 17-9-2021, Lecce. A Matiz, C Crescentini, M Bergamasco, R Budai, F Fabbro: “Inter-brain co-activations during mindfulness meditation. Implications for clinical settings”. Poster presented at the XXII AIP (Associazione Italiana di Psicologia) congress.
- 17-9-2021, Lecce. F D’Antoni, S Feruglio, A Matiz, D Cantone, C Crescentini: “Effects of mindfulness-oriented meditation on healthy individuals’ self-reported dissociative experience, mindfulness skills and interoceptive awareness”. Poster presented at the XXII AIP (Associazione Italiana di Psicologia) congress.

December 12, 2024