

Curriculum vitae Sara Carletto

Personal details

Born in Torino

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Educations

- 2018 – 2028 National Scientific Qualification (ASN) obtained for the position of Associate Professor in M-PSI/08 – Clinical and Dynamic Psychology (sector 11/E4).
- 2021 – 2022 Post-graduate advanced course in Perinatal psychopathology and parenting
Department of Human Neuroscience, University of Roma La Sapienza, Italy.
- 2019 – 2021 Trainings in psychotraumatology interventions:
- Deep Brain Reorienting (DBR, dr. Corrigan) – basic and advanced level, for the treatment of traumatic dissociation;
- Flash Technique (dr. Manfield) for the preparation and treatment of traumatic memories.
- 2020 Participation in the IRIDI START training course for newly recruited researchers, certified by the University of Torino with the badge "Quality teaching in presence and at a distance, assessment and inclusion".
- 2017 – 2018 II level University Master Degree in Clinical Mindfulness
University of Torino, Italy.
- 2018 Post-graduate advanced course in Perinatal clinical psychology
Faculty of Medicine and Surgery, University of Brescia, Italy.
- 2014 – 2018 II level specialisation degree in Psychotherapy (final grade: 70/70 with honors)
Scuola di Psicoterapia Psicoanalitica, Torino, Italy.
- 2014 – 2015 Training in EMDR, I and II level, and courses on specific topics (depression, mourning, attachment trauma).
- 2012 – 2015 Mindfulness training courses (MBSR, Body and Affective Mindfulness, Mindfulness in relation according to the model of the Karuna Institute, UK).
- 2010 – 2013 PhD in Neuroscience
Doctoral School in Life and Health Sciences, University of Torino, Italy.
PhD Supervisor: prof. Secondo Fassino, prof. Luca Ostacoli.
Thesis: *"The efficacy of Eye Movement Desensitization and Reprocessing for the treatment of PTSD in medical disease: research in patients with Cancer and in patients with Multiple Sclerosis"*.
- 2011 – 2012 Post-graduate advanced course in Statistics applied to clinical questions
University of Modena and Reggio Emilia, Italy.
- 2011 Registration to the professional Association of Psychologists of Piedmont, Italy, n. 6114
- 2010 Qualification to practice as a Psychologist
First session of 2010, University of Torino, Italy.
- 2009 – 2010 Post-graduate advanced course in Evidence Based Medicine and methodology of systematic reviews of efficacy studies
University of Piemonte Orientale "Amedeo Avogadro", Italy.
- 2007 – 2009 Master's Degree in Criminal and Investigative Psychology (final mark: 110 magna cum laude)
Department of Psychology, University of Torino, Italy.
- 2004 – 2007 Bachelor's Degree in Neuropsychological Sciences and Techniques
Department of Psychology, University of Torino, Italy.
- 1999 – 2004 Secondary School Diploma in scientific studies

Liceo Scientifico Statale “Gino Segrè”, Torino, Italy.

Professional experiences and current position

- Oct 2022 - now Post-doc research fellow in Clinical Psychology (fixed-term researcher - type B in M-PSI/08)
Department of Clinical and Biological Sciences, University of Torino, Italy.
- Feb 2020 – now Clinical Psychologist and Psychotherapist, Clinical Psychology Service (S.S.D. Psicologia Clinica), A.O.U. Città della Salute e della Scienza di Torino. Clinical activity in the perinatal psychology field at the Sant'Anna Obstetrics-Gynaecology Hospital and psychological support to healthcare teams and workers of the A.O.U. Città della Salute e della Scienza di Torino.
- Feb 2020 – Sept 2022 Post-doc research fellow in Clinical Psychology (fixed-term researcher - type A in M-PSI/08)
Department of Neuroscience "Rita Levi Montalcini", University of Torino, Italy.
- Jul 2019 – Jan 2020 Post-doc research fellow (recipient of a one-year research fellow grant with comparative evaluation based on qualifications funded by University of Torino and Compagnia di San Paolo for international mobility)
Department of Clinical and Biological Sciences, University of Torino, Italy.
Department of Neurosciences, University of Western Ontario, Canada.
- 2013 – 2018 Consultant Psychologist, Service of Psycho-Oncology, Affective and Post-Traumatic Disorders (SIPDAP), ASL TO3: short-term individual and group psychological interventions for patients with cancer and for patients with anxiety, depression and post-traumatic stress disorders.
- Jul 2018 – Jun 2019 Post-doc research fellow (recipient of a one-year co-financed research fellow grant with comparative evaluation based on qualifications and interview)
Department of Clinical and Biological Sciences, University of Torino, Italy.
- Mar 2016 – Jun 2018 Post-doc research fellow
Research activity in the European project NEVERMIND project (Project ID: 689691 Funded under: H2020-EU.3.1).
Department of Clinical and Biological Sciences, University of Torino, Italy.
- Aug 2013 – Aug 2018 Consultant Psychologist
Cooperativa Il Margine, Service of Psycho-Oncology, Affective and Post-Traumatic Disorders (SIPDAP), ASL TO3 (National Health Service), Torino, Italy.
- Oct 2015 – Feb 2016 Temporary contract for research collaboration in the research project: *“The efficacy of Mindfulness based Intervention for depressive symptoms and quality of life in patients with Multiple Sclerosis and their caregivers. A randomized controlled clinical trial”*
Department of Clinical and Biological Sciences, University of Torino, Italy.
- Jan 2014 – Feb 2016 Post-doc training at Department of Clinical and Biological Sciences, University of Torino, Italy.
- Oct 2012 – Jul 2013 Temporary contract for support activities in the framework of the I level Master's Degree Program in "Palliative Medicine" a.a. 2011-12 for data processing, results writing for scientific articles for national and international scientific journals.
Faculty of Medicine and Surgery San Luigi Gonzaga, Department of Clinical and Biological Sciences, University of Torino.
- Nov 2011 – Aug 2012 Temporary contract for research collaboration in the research project: *“The efficacy of Eye Movement Desensitization and Reprocessing (EMDR) in patients with Post Traumatic Stress Disorder diagnosed with Multiple Sclerosis. A randomized controlled trial.”*

Department of Clinical and Biological Sciences, University of Torino, Italy.

- Dec 2010 – Jul 2011 Temporary contract for research collaboration in the research project: *"The efficacy of Eye Movement Desensitization and Reprocessing (EMDR) in patients with Post Traumatic Stress Disorder diagnosed with Multiple Sclerosis. A randomized controlled trial."*
Department of Clinical and Biological Sciences, University of Torino, Italy.
- Oct 2008 – Jun 2009 Research scholarship for data manager activity
Tumor Immunology Laboratory, Azienda Ospedaliero Universitaria San Giovanni Battista di Torino.

Participation to Directive Boards of Scientific Societies and/or Institutions:

- 2021 – now Member of the Research workgroup of the Council of Scholars in the Future of EMDR Therapy Project (<https://emdrCouncilofscholars.org/>)
- 2020 – now Member of the Research Commission of the Collegio dei Professori e Ricercatori di ruolo di Psicologia Clinica delle Università Italiane (<http://www.collegiodipsicologiaclinica.it/it/>)
- 2020 – now Invited reviewer for grant proposal submitted to the Netherlands Organization for Health Research and Development.
- 2020 – now Associate Editor for Frontiers in Psychology - Clinical and Health Psychology, for BMC Psychology, and for Trials.
- 2015 – now Review Editor for Frontiers in Psychology - Clinical and Health Psychology
- 2016 – now Reviewer for several international scientific journals
(<https://publons.com/researcher/1577675/sara-carletto/peer-review/>)
- 2019 – now Member of the Research Committee of EMDR Europe.
- 2019 – now Member of European Society for Trauma & Dissociation (ESTD) and of Italian Association for the Study of Trauma and Dissociation (AISTED).
- 2019 – now Member of EMDR Europe Association.
- 2018 – now Student Member, Society for Psychotherapy Research (SPR).
- 2012 – now Member of EMDR Italian Association.
- 2011 – now Associated Member, Italian Association of Psychology (AIP) – section Clinical and Dynamic Psychology, Italy.
- 2019 – now External member/reviewer of Research Ethics Review Committee of Khushal Khan Khattak University, Karak, Pakistan.
- 2018 – 2019 Elected representative of temporary staff (scholarship holders, PhD students and research fellows) in the Research Commission and in the Department Council of the Department of Clinical and Biological Sciences, University of Torino, Italy.

Honors

- 2019 Winner of the EMDR Europe Francine Shapiro Award for the published study *"Comparison of Eye Movement Desensitization Reprocessing and Cognitive Behavioral Therapy as Adjunctive Treatments for Recurrent Depression: The European Depression EMDR Network (EDEN) Randomized Controlled Trial"*, Ostacoli L., Carletto S., Cavallo M, et al. Frontiers in Psychology. 13;9:74. (<https://emdr-europe.org/awards/francine-shapiro-award/>)
- 2018 Winner of the EMDR International Association (EMDRIA) Outstanding Research Award for the published study *"Comparison of Eye Movement Desensitization Reprocessing and Cognitive Behavioral Therapy as Adjunctive Treatments for Recurrent Depression: The European Depression EMDR Network (EDEN) Randomized Controlled Trial"*, Ostacoli L., Carletto S., Cavallo M, et al. Frontiers in Psychology. 13;9:74.
- 2015 Winner of the Italian Association of Psychology (AIP) and the National Council of Psychologists (CNOP) award for the best PhD dissertation, entitled *"The efficacy of Eye Movement Desensitization and Reprocessing for the treatment of PTSD in medical*

disease: research in patients with Cancer and in patients with Multiple Sclerosis”.

Teaching activity:

- 2020 – now Professor for the course “Insights into Clinical Psychology” (1 CFU, M-PSI-08), Master’s Degree in Science of Health Diagnostic Techniques Professions, University of Torino, Italy.
- 2020 – now Professor for the course “Clinical Psychology” (2 CFU, M-PSI-08), Bachelor’s Degree in Speech Therapy, University of Torino, Italy.
- 2020 – now Professor for the course “Clinical Psychology” (2 CFU, M-PSI-08), Bachelor’s Degree in Nursing, University of Torino, Italy.
- 2020 – now Professor for the course “Clinical Psychology” (1 CFU, M-PSI-08), Bachelor’s Degree in Psychiatric Rehabilitation Technique, University of Torino, Italy.
- 2020 – now Teaching activity for the course “Clinical Psychology” in collaboration with prof. Luca Ostacoli, School of Specialization in Medical Genetics, University of Torino, Italy.
- 2021 Teaching assignment for the course “Clinical Psychology” (2 CFU, M-PSI-08) at the I Level Interdepartmental Master's Degree in Mind&Move Health Specialist, University of Torino, Italy.
- 2021 Member of the Scientific Committee of the I Level Interdepartmental Master's Degree in Mind&Move Health Specialist. Department of Clinical and Biological Sciences and Department of Medical Sciences, in collaboration with the Academic Spin-off Mind&Move, University of Torino.
- 2019 – 2020 Adjunct Professor for the course “Clinical Psychology” (1 CFU, M-PSI-08), Bachelor’s Degree in Psychiatric Rehabilitation Technique, University of Torino, Italy.
- 2019 – 2020 Adjunct Professor for the course “Clinical Psychology” (1 CFU, M-PSI-08), Master’s Degree in Rehabilitation Sciences of the Health Professions, University of Torino, Italy.
- 2017 – 2020 Adjunct Professor for the course “Work Psychology” (1 CFU, M-PSI-06), Bachelor’s Degree in Psychiatric Rehabilitation Technique, University of Torino, Italy.
- 2012 – 2019 Complementary activity to teaching in the course “Clinical Psychology” (Prof. Ostacoli), Bachelor’s Degree in Psychiatric Rehabilitation Technique, University of Torino, Italy.
- 2013 – 2019 Lecturer in the course “Methodology and tools of psycho-forensic research” (Prof. Zuffranieri), Interdepartmental Master's Degree Course in Criminological and Forensic Psychology, University of Torino, Italy.
- 2012 – 2019 Teaching assistant in the elective teaching activity (ADE) “Body Techniques for Emotion Management” (prof. Luca Ostacoli), Master’s Degree in Medicine and Surgery - San Luigi, University of Torino, Italy.
- 2012 – 2019 Teaching assistant in the elective teaching activity (ADE) “Spontaneous and Mindful Communication” (prof. Luca Ostacoli), Master’s Degree in Medicine and Surgery - San Luigi, University of Torino, Italy.
- 2012 – 2017 Teaching assignment for the course "Elements of Psychosomatics" (1 CFU, M-PSI/08) at the Advanced Course in Kinesiology, University Interfaculty School in Motor Sciences - S.U.I.S.M., University of Torino, Italy.
- 2013 – 2014 Complementary activity to teaching in the course “Clinical Psychology” (Prof. Oliva), Bachelor’s Degree in Nursing - Orbassano, University of Torino, Italy.
- 2013 – 2014 Lecturer in the course “Physical activity adapted to neurological and psychiatric pathologies” (Prof. Sicuro), Master's Degree Course in Physical Education and Adapted Activities, University Interfaculty School in Motor Sciences - S.U.I.S.M., University of Torino, Italy.
- 2012 – 2014 Teaching assignment for the course “Clinical Psychology” (1 CFU, M-PSI-08) at the I level University Master Degree in Clinical Mindfulness, University of Torino, Italy.
- 2012 – 2013 Integrative teaching activity for the module “Clinical Psychology” of the integrated Oncology course (V year) of the Master’s Degree in Medicine and Surgery - Orbassano,

University of Torino, Italy.

- 2012 – 2013 Integrative teaching activity for the course “Medical Psychology” (prof. Ostacoli), II level specialization degree in Psychiatry, University of Torino, Italy.
- 2012 – 2013 Integrative teaching activity for the course “Psychotherapy I” (prof. Ostacoli), II level specialization degree in Psychiatry, University of Torino, Italy.

Research main topics

Trauma and stress-related disorders; Depression; Trauma-focused interventions; Eye Movement and Desensitization therapy; Mindfulness based interventions; Psychological distress in populations with primary somatic disorders; Doctor-patient communication and relationship; Healthcare workers psychological distress.

Main projects as PI:

- Recipient of the Roche call for research 2019 (Bando Roche per la Ricerca 2019) for the research project entitled *"The heart of communication: personalized training supported by an App to improve doctor-patient communication and reduce stress related work"* (funds received: € 50,000).
- Recipient of the EMDR Europe Investigator Grant for the research project *"Early psychotherapeutic intervention after childbirth trauma: comparison between EMDR and Supportive Expressive Dynamic Psychotherapy"* (funds received: € 15,000).

Bibliometry (2011-present) (www.scopus.com)

Citations:748 (by 653 documents); Documents: 61; H-index=14.

publications

Peer reviewed articles

- 2022 - Childhood Trauma Meta-Analysis Study Group. (2022). Treatment efficacy and effectiveness in adults with major depressive disorder and childhood trauma history: a systematic review and meta-analysis. *Lancet Psychiatry*, S2215-0366(22)00227-9. doi: 10.1016/S2215-0366(22)00227-9.
- Carletto S, Lo Moro G, Zuccaroli Lavista V, Soro G, Siliquini R, Bert F, Leombruni P. (2022). The Impact of COVID-19 on Mental Health in Medical Students: A Cross-Sectional Survey Study in Italy. *Psychol Rep*, 332941221127632. doi: 10.1177/00332941221127632.
- Carletto S, Ariotti MC, Garelli G, Di Noto L, Berchiolla P, Malandrone F, Guardione R, Boarino F, Campagnoli MF, Savant Levet P, Bertino E, Ostacoli L, Coscia A. (2022). Moral Distress and Burnout in Neonatal Intensive Care Unit Healthcare Providers: A Cross-Sectional Study in Italy. *Int J Environ Res Public Health*, 19(14):8526. doi: 10.3390/ijerph19148526.
- Carli V, Petros NG, Hadlaczky G, Vitcheva T, Berchiolla P, Bianchi S, Carletto S, Christinaki E, Citi L, Dinis S, Gentili C, Geraldine V, Giovinazzo L, Gonzalez-Martinez S, Meyer B, Ostacoli L, Ottaviano M, Ouakinin S, Papastilianou T, Paradiso R, Poli R, Rocha I, Settanta C, Scilingo EP, Valenza G. (2022). The NEVERMIND e-health system in the treatment of depressive symptoms among patients with severe somatic conditions: A multicentre, pragmatic randomised controlled trial. *EClinicalMedicine*, 6;48:101423. doi: 10.1016/j.eclinm.2022.101423.
- Petros NG, Hadlaczky G, Carletto S, Martinez SG, Ostacoli L, Ottaviano M, Meyer B, Scilingo EP, Carli V. (2022). Sociodemographic Characteristics Associated With an eHealth System Designed to Reduce Depressive Symptoms Among Patients With Breast or Prostate Cancer: Prospective Study. *JMIR Form Res*, 8;6(6):e33734. doi: 10.2196/33734.
- Rossini PG, Ostacoli L, Pagani M, Malandrone F, Oliva F, Cominu L, Annetta MC, Carletto S. (2022). The Neural Signature of Psychological Interventions in Persons With Cancer: A Scoping Review. *Integr Cancer Ther*, 21:15347354221096808. doi: 10.1177/15347354221096808.
- Minelli A, Silva RC, Barlati S, Vezzoli M, Carletto S, Isabello C, Bortolomasi M, Nibbio G, Lisoni J, Menesello V, Perusi G, Accardo V, Deste G, Vita A. (2022). The Elephant in the Room: A Cross-Sectional Study on the Stressful Psychological Effects of the COVID-19 Pandemic in Mental Healthcare Workers. *Brain Sci*, 12(3):408. doi:10.3390/brainsci12030408.

- Ferrante G, Rossini PG, Rousset S, Ostacoli L, Piccinelli C, Carletto S*, Giordano L*. (**co-last authors*) (2022). The emotional side of post-traumatic stress reaction during COVID-19 pandemic: an Italian survey. *BMC Public Health*, 22(1):333. doi: 10.1186/s12889-022-12749-1.
- Malandrone F, Bevilacqua F, Merola M, Gallio N, Ostacoli L, Carletto S*, Benedetto C*. (**co-last authors*) (2021). The Impact of Vulvar Cancer on Psychosocial and Sexual Functioning: A Literature Review. *Cancers*, 14(1):63. doi: 10.3390/cancers14010063.
- Bovero A, Pidinchedda A, Clovis F, Berchiolla P, Carletto S. (2022). Psychosocial factors associated with complicated grief in caregivers during COVID-19: Results from a preliminary cross-sectional study. *Death Stud*, 46(6):1433-1442. doi: 10.1080/07481187.2021.2019144.
- 2021 - Carletto S, Miniotti M, Persico A, Leombruni P. (2021). Emotional distress and psychiatric drug use among students in an Italian medical school: Assessing the role of gender and year of study. *J Educ Health Promot*, 10(1),451. doi: 10.4103/jehp.jehp_612_21
- Sales CMD, Martins F, Alves MM, Carletto S, Conejo-Cerón S, da Silva LC, Čuš A, Edridge C, Ferreira N, Hancheva C, Lima EMA, Liverpool S, Midgley N, Moltrecht B, Moreno-Peral P, Morgan N, Mortimer R, Mota CP, Pietrabissa G, Sousa S, Ulberg R, Edbrooke-Childs J. (2021). Patient and Public Involvement in Youth Mental Health Research: Protocol for a Systematic Review of Practices and Impact. *Front Psychol*, 12:703624. doi: 10.3389/fpsyg.2021.703624.
- Carletto S, Corezzi M, Furmenti MF, Olivero E, Rapicavoli P, Rossello P, Stanizzo MR, Bovero A. (2021). Interprofessional Communication Team for Caregivers of Patients Hospitalized in the COVID-19 Wards: Results From an Italian Experience. *Front Med*, 8:621725. doi: 10.3389/fmed.2021.621725.
- Oliva F, Malandrone F, di Girolamo G, Mirabella S, Colombi N, Carletto S, Ostacoli L. (2021). The efficacy of mindfulness-based interventions in attention-deficit/hyperactivity disorder beyond core symptoms: A systematic review, meta-analysis, and meta-regression. *J Affect Disord*, 292:475-486. doi: 10.1016/j.jad.2021.05.068.
- Pellegrini M, Carletto S, Scumaci E, Ponzo V, Ostacoli L, Bo S. (2021). The Use of Self-Help Strategies in Obesity Treatment. A Narrative Review Focused on Hypnosis and Mindfulness. *Curr Obes Rep*, ;10(3):351-364. doi: 10.1007/s13679-021-00443-z.
- Carletto S, Malandrone F, Berchiolla P, Oliva F, Colombi N, Hase M, Hofmann A, Ostacoli L. (2021). Eye movement desensitization and reprocessing for depression: a systematic review and meta-analysis. *Eur J Psychotraumatol*,12(1):1894736. doi: 10.1080/20008198.2021.1894736.
- Portigliatti Pomeri A, La Salvia A, Carletto S, Oliva F, Ostacoli L. (2021) EMDR in Cancer Patients: A Systematic Review. *Front Psychol*, 11:590204. doi: 10.3389/fpsyg.2020.590204.
- 2020 - Ostacoli L, Cosma S, Bevilacqua F, Berchiolla P, Bovetti M, Carosso AR, Malandrone F, Carletto S, Benedetto C. (2020). Psychosocial factors associated with postpartum psychological distress during the Covid-19 pandemic: a cross-sectional study. *BMC Pregnancy Childbirth*, 20(1):703. doi: 10.1186/s12884-020-03399-5.
- Foletti A, Baron P, Berchiolla P, Francone D, Malandrone F, Ostacoli L, Carletto S. (2020). Use of biophysical treatment for the management of mild anxiety, depression and stress: a randomized controlled trial. *J Biol Regul Homeost Agents*, 34(3):1171-1177. doi: 10.23812/20-132-L-57.
- Carletto S, Cavalera C, Sadowski I, Rovaris M, Borghi M, Khoury B, Ostacoli L, Pagnini F. (2020). Mindfulness-Based Interventions for the Improvement of Well-Being in People With Multiple Sclerosis: A Systematic Review and Meta-Analysis. *Psychosom Med*, 82(6):600-613. doi: 10.1097/PSY.0000000000000819.
- Liverpool S, Mota CP, Sales CMD, Čuš A, Carletto S, Hancheva C, Sousa S, Cerón SC, Moreno-Peral P, Pietrabissa G, Moltrecht B, Ulberg R, Ferreira N, Edbrooke-Childs J. (2020). Engaging Children and Young People in Digital Mental Health Interventions: Systematic Review of Modes of Delivery, Facilitators, and Barriers. *J Med Internet Res*, 22(6):e16317. doi: 10.2196/16317.
- Carli V, Wasserman D, Hadlaczky G, Petros NG, Carletto S, Citi L, Dinis S, Gentili C, Gonzalez-Martinez S, De Leonibus A, Meyer B, Ostacoli L, Ottaviano M, Ouakinin S, Paradiso R, Poli R, Rocha I, Settanta C, Waldmeyer MTA, Valenza G, Scilingo EP. (2020). A protocol for a multicentre, parallel-group, pragmatic randomised controlled trial to evaluate the NEVERMIND system in

preventing and treating depression in patients with severe somatic conditions. BMC Psychiatry. 2020 Mar 2;20(1):93. doi: 10.1186/s12888-020-02494-3.

- Chiorino V, Cattaneo MC, Macchi EA, Salerno R, Roveraro S, Bertolucci GG, Mosca F, Fumagalli M, Cortinovis I, Carletto S*, Fernandez I. * (*co-last authors*) (2020). The EMDR Recent Birth Trauma Protocol: a pilot randomized clinical trial after traumatic childbirth. Psychol Health, 35(7):795-810. doi: 10.1080/08870446.2019.1699088.

- 2019 - Malandrone F, Carletto S, Hase M, Hofmann A, Ostacoli L. (2019). A brief narrative summary of randomized controlled trials investigating EMDR treatment of patients with depression. J EMDR Pract&Res, 13:302-306. doi: 10.1891/1933-3196.13.4.302.
- Pagani M, Carletto S, Ostacoli L. (2019). PET and SPECT in psychiatry: the past and the future. Eur J Nucl Med Mol Imaging, 46:1985-7. doi: 10.1007/s00259-019-04451-z.
- Carletto S, Porcaro C, Settanta C, Vizzari V, Stanizzo MR, Oliva F, Torta R, Fernandez I, Coletti Moja M, Pagani M, Ostacoli L. (2019). Neurobiological Features and Response to Eye Movement Desensitization and Reprocessing Treatment of Post-traumatic Stress Disorder in Patients with Breast Cancer. Eur J Psychotraumatol, 10:1600832. doi: 10.1080/20008198.2019.1600832.
- Oliva F, Ostacoli L, Versino E, Portigliatti Pomeri A, Furlan PM, Carletto S, Picci RL. (2019). Compulsory Psychiatric Admissions in an Italian Urban Setting: Are They Actually Compliant to the Need for Treatment Criteria or Arranged for Dangerous Not Clinical Condition? Front Psychiatry, 9:740. doi: 10.3389/fpsy.2018.00740.
- 2018 - Ostacoli L, Carletto S, Cavallo M, Baldomir-Gago P, Di Lorenzo G, Fernandez I, Hase M, Justo-Alonso A, Lehnung M, Migliaretti G, Oliva F, Pagani M, Recarey-Eiris S, Torta R, Tumani V, Gonzalez-Vazquez AI, Hofmann A. (2018). Comparison of Eye Movement Desensitization Reprocessing and Cognitive Behavioral Therapy as Adjunctive Treatments for Recurrent Depression: The European Depression EMDR Network (EDEN) Randomized Controlled Trial. Front Psychol, 13;9:74. doi: 10.3389/fpsyg.2018.00074.
- Oliva F, Nibbio G, Vizzuso P, Jaretti Sodano A, Ostacoli L, Carletto S, Picci RL. (2018). Gender Differences in Anxiety and Depression before and after Alcohol Detoxification: Anxiety and Depression as Gender-Related Predictors of Relapse. Eur Addict Res, 24:163-172. doi: 10.1159/000490046.
- Carletto S, Oliva F, Barnato M, Antonelli T, Cardia A, Mazzaferro P, Raho C, Ostacoli L, Fernandez I, Pagani M. (2018). EMDR as Add-on Treatment for Psychiatric and Traumatic Symptoms in Patients with Substance Use Disorder. Front Psychol, 11;8:2333. doi: 10.3389/fpsyg.2017.02333.
- Carletto S, Borghi M, Scavelli F, Francone D, Perucchini ML, Cavallo M, Pagnini F, Bertolotto A, Oliva F, Ostacoli L. (2018). Prevalence of Posttraumatic Stress Disorder in Patients With Multiple Sclerosis. J Nerv Ment Dis, 206(2):149-151. doi: 10.1097/NMD.0000000000000780.
- 2017 - Carletto S, Borsato T, Pagani M. (2017). The Role of Slow Wave Sleep in Memory Pathophysiology: Focus on Post-traumatic Stress Disorder and Eye Movement Desensitization and Reprocessing. Front Psychol, 8:2050. doi: 10.3389/fpsyg.2017.02050.
- Carletto S, Tesio V, Borghi M, Francone D, Scavelli F, Bertino G, Malucchi S, Bertolotto A, Oliva F, Torta R, Ostacoli L. (2017). The Effectiveness of a Body-Affective Mindfulness Intervention for Multiple Sclerosis Patients with Depressive Symptoms: A Randomized Controlled Clinical Trial. Front Psychol, 8:2083. doi: 10.3389/fpsyg.2017.02083.
- Pagani M, Amann BL, Landin-Romero R, Carletto S. (2017). Eye Movement Desensitization and Reprocessing and Slow Wave Sleep: A Putative Mechanism of Action. Front Psychol, 8:1935. doi: 10.3389/fpsyg.2017.01935.
- Carletto S, Ostacoli L, Colombi N, Calorio L, Oliva F, Fernandez I, Hofmann A. (2017). EMDR for Depression: a systematic review of controlled studies. Clinical Neuropsychiatry, 14:306-312.
- Pagani M, Carletto S. (2017). A hypothetical mechanism of action of EMDR: the role of Slow Wave Sleep. Clinical Neuropsychiatry, 14:301-305.
- Carletto S, Borsato T. (2017). Neurobiological correlates of Post-traumatic Stress Disorder: a focus on cerebellum role. European Journal of Trauma and Dissociation, 1:153-157. doi:

10.1016/j.ejtd.2017.03.012

- 2016 - Carletto S, Pagani M. (2016). Neurobiological Impact of EMDR therapy in Cancer. *J EMDR Pract&Res*, 10:153-161. doi: 10.1891/1933-3196.10.3.153
- Borghi M, Carletto S, Ostacoli L, Scavelli F, Pia L, Pagani M, Bertolotto A, Malucchi S, Signori A, Cavallo M. (2016). Decline of Neuropsychological Abilities in a Large Sample of Patients with Multiple Sclerosis: A Two-Year Longitudinal Study. *Front Hum Neurosci*. 8;10:282. doi: 10.3389/fnhum.2016.00282.
- Carletto S, Borghi M, Bertino G, Oliva F, Cavallo M, Hofmann A, Zennaro A, Malucchi S, Ostacoli L. (2016) Treating Post-traumatic Stress Disorder in patients with Multiple Sclerosis: a randomized controlled trial comparing the efficacy of Eye Movement Desensitization and Reprocessing and Relaxation Therapy. *Front Psychol*. 7:526. doi: 10.3389/fpsyg.2016.00526
- Carletto S, Borghi M, Francone D, Scavelli F, Bertino G, Cavallo M, Malucchi S, Bertolotto A, Oliva F, Ostacoli L. (2016). The efficacy of a Mindfulness Based Intervention for depressive symptoms in patients with Multiple Sclerosis and their caregivers: study protocol for a randomized controlled clinical trial. *BMC Neurol*, 16(1):7. doi: 10.1186/s12883-016-0528-0.
- Oliva F, Versino E, Gammino L, Colombi N, Ostacoli L, Carletto S, Furlan PM, Picci RL. (2016). Type D Personality and Essential Hypertension in Primary Care: A Cross-Sectional Observational Study Within a Cohort of Patients Visiting General Practitioners. *J Nerv Ment Dis*, 204(1):43-8. doi: 10.1097/NMD.0000000000000421.
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