

PERSONAL INFORMATION

Sarah Nazzari



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🌐 [https://www.researchgate.net/profile/Sarah\\_Nazzari](https://www.researchgate.net/profile/Sarah_Nazzari)

Gender Female | Date of Birth 03/07/1986 | Nationality Italian

CURRENT POSITION

Research Fellow (RTD-A) in Developmental Psychopathology at the University of Pavia, Italy.

My research interests concern the origins and development of psychopathology, with a particular focus on the interplay between biological and social/environmental processes. I am interested in identifying causal risk and protective factors that can be targeted as part of interventions to prevent and treat depression and anxiety, particularly across the perinatal period. I use a range of research approaches including longitudinal prospective studies and multidisciplinary studies combining psychological and biological measures.

PROFESSIONAL EXPERIENCE

2019 - 2022

Adjunct Professor

Courses: "Methods and Instruments for cognitive assessment in preschool age", "Assessment of verbal and non-verbal intelligence in developmental age".

**Bachelor's Degree programme in Psychological Sciences – University of Milano- Bicocca, Italy)**

2019 – 2022

Post-Doctoral Researcher

(Maternity leave May 2020- Dec 2020)

Research projects: "Biomarkers of emotional dysregulation", "Effects of Depression on Infants (EDI) Study: follow up at 5 years", "Effects of Depression on Infants (EDI) Study: follow up at 3 years"

**Chid Psychopathology Unit, Scientific Institute Eugenio Medea, Italy**

2017-2019

Research Fellow

Research project: "Effects of Depression on Infants (EDI) Study: follow up at 1 year"

**Chid Psychopathology Unit, Scientific Institute Eugenio Medea, Italy**

2013-2017

PhD Student

(Maternity leave Jan 2016 - Nov 2016)

Research project: "The effects of prenatal and postnatal maternal depression on infants' bio-behavioural development"

**Division of Psychology and Language Sciences, University College London, London (UK)**

2013-2014

Visiting Lecturer for the Video feedback Intervention to Promote Positive Parenting and Sensitive Discipline (VIPP-SD) training course

**Tavistock and Portman NHS Foundation Trust of London, UK**

2011-2013

Research Fellow

Research projects: "Promote parenting in teen moms trough the Video feedback Intervention to promote Positive Parenting and Sensitive Discipline to promote children socio-emotional

development”; “Genetic and environmental factors predicting biological response to stress in preschool age”.

**Child Psychopathology Unit, Scientific Institute Eugenio Medea, Italy**

## EDUCATION

2019 PhD in Clinical, Educational and Health Psychology

**Division of Psychology and Language Sciences, University College London, London (UK)**

*Primary Supervisor:* Pasco Fearon, Chair in Developmental Psychopathology, Ph.D

*Subsidiary Supervisor:* Frances Rice, Reader in Social and Emotional Development

*PhD Thesis:* A multi-systems approach to understanding the effects of antenatal distress: biological underpinnings of perinatal depressive symptoms and bio-behavioural outcomes in the child

2010 Master Degree in Clinical and Health Psychology, 110/110 cum laude

**Università Vita-Salute San Raffaele, Milan (Italy)**

2008 Bachelor Degree in Psychological Sciences and Techniques, 110/110 cum laude

**Università Vita-Salute San Raffaele, Milan (Italy)**

2005 High-School Diploma, 96/100

**Liceo Scientifico A. Volta, Milan (Italy)**

## PERSONAL SKILLS

### Honors and Awards

- **2022 to present** - Departmental grant “Innovation” project entitled THETA: Translational Hyperscanning: Environmental Trajectories to Autism. (PI: Borgatti, MD), National Operative Programme “Research and Innovation” 2014-2020 (PONRI), co-funded by European Social Fund REACT EU.
- **2021** - First-author paper “Maternal caregiving moderates the impact of antenatal maternal cortisol on infant stress regulation” selected to feature in Wiley’s Research Headlines.
- **2017** - Society for Emotion and Attachment Studies (SEAS) Travel Award - **€500**
- **2017** - Graduate Conference Fund Award, University College London - **£140**
- **2015** - International Society for Developmental Psychobiology (ISDP) Travel Award - **£300**
- **2015** - Graduate Conference Fund Award, University College London - **£427**
- **2014** - Jacobs Foundation Travel Award - **€700**
- **2013- 2017** - PhD Studentship Research Programme in Health and Well-Being, Stanley Thomas Johnson Foundation - **£82’187**
- **2011 – 2013** Studentship Scientific Institute E. Medea (€15’000 per year)

### Training

- Training “Structural Equation Modeling in Mplus” – Dott. Luca Pancani e Dott. Dario Monzani (University of Milano-Bicocca)
- Training “Attachment Classification Workshop, Covering Groups ABCD” - Prof. Judith Solomon (University of Cambridge)
- Training and reliability “Emotional Availability Scales” - Prof. Zeynep Biringen (University of Colorado).
- Training “Multilevel Modelling for Health Research using MLwiN”, Department of Epidemiology and Public Health (University College London)
- Training for administration and scoring “Bayley Scales of Infant and Toddler Development – 3rd Edition” - Dr Betty Hutcheon, (Institute of Child Health UCL; Royal Free Hospital London).
- Training Program “SCID-101 Didactic Training Series” - Prof. Michael First (Biometrics Research Department – Columbia University).
- Summer school “Risk and Resilience: Multilevel Dynamics”, European Association of Developmental Psychology, Syros, Giugno 15-19, 2014. Organizers: Prof. Frosso Motti

(University of Athen) & Prof. Ann Masten (University of Minnesota)

- Training “Presenting and Lecturing with Impact”, Graduate School Training, University College London, London
- Training and reliability for “Video feed-back Intervention to promote Positive Parenting and Sensitive Discipline (VIPP-SD)”. Prof. Femmie Juffer and Dr. Estelle Struis (Center for Child and Family Studies – Leiden University).

#### ADDITIONAL INFORMATION

Publications on International Journals (peer-reviewed)

**Nazzari, S.**, Reali, P., Ceppi, E., Giorda, R., Bianchi, A.M., Reni, G.L., Frigerio, A., (2022) The 5-HTTLPR predicts RSA stress response in preschool age: a preliminary report. *Journal of Child Experimental Psychology*

Frigerio A., Nettuno, F., **Nazzari S.** (2022). Maternal mood moderates the trajectory of emotional behavioural problems from pre to during the COVID-19 lockdown in preschool children. *European Child & Adolescent Psychiatry*

**Nazzari, S.**, Fearon, P., Rice, F., Molteni, M., Frigerio, A. (2022). Maternal caregiving moderates the association between maternal antenatal cortisol and infant cortisol reactivity. *Journal of Child Psychology and Psychiatry*

Attardo, L., Segre, G., **Nazzari, S.**, Frigerio, A. (2022). La risposta allo stress della vaccinazione in prima infanzia. *Psicologia Clinica dello Sviluppo, Il Mulino*.

Reali, P., Piazza, C., Tacchino, G., Songia, L., **Nazzari, S.**, Reni, G., Frigerio, A., Bianchi, A. (2021). Assessing stress variations in children during the strange situation procedure: comparison of three widely used respiratory sinus arrhythmia estimation methods. *Physiological Measurements*.

Frigerio, A. & **Nazzari, S.** (2021). Antenatal maternal anxiety, maternal sensitivity and toddlers’ behavioral problems: an investigation of possible pathways. 157, 105364. *Early Human Development*

**Nazzari, S.**, Molteni, M., Valtorta, F., Comai, S., Frigerio, A. (2020). Prenatal IL-6 levels and activation of the tryptophan to kynurenine pathway are associated with depressive but not anxiety symptoms across the perinatal and the post-partum period in a low-risk sample, *Brain Behavior and Immunity*, 89: 175-183

**Nazzari, S.**, Fearon, P., Ciceri, F., Molteni, M., Rice, F., Frigerio, A. (2020). The biological underpinnings of perinatal depression: a multi-systems approach. *Journal of Affective Disorders*, 274:1004-1012

**Nazzari, S.**, & Frigerio, A. (2020). The programming role of maternal antenatal inflammation on infants’ early neurodevelopment: A review of human studies. Special Section on “Translational and Neuroscience Studies in Affective Disorders”, *Journal of Affective Disorders*, 263:739-746

**Nazzari, S.**, Fearon, P., Rice, F., Ciceri, F., Molteni, M., & Frigerio, A. (2020). Neuroendocrine and immune markers of maternal stress during pregnancy and infant cognitive development. *Dev Psychobiol*, 62, 1100-1110

**Nazzari, S.**, Fearon, P., Ciceri, F., Molteni, M., Rice, F., Frigerio, A. (2019). Beyond the HPA-axis: exploring the maternal prenatal influences on birth outcomes and stress reactivity. *Psychoneuroendocrinology*; 101:253-262

Frigerio A, Porreca A, Simonelli A, **Nazzari S.** (2019) Emotional Availability in Samples of Mothers at High Risk for Depression and With Substance Use Disorder. *Front. Psychol.* 10:577. doi: 10.3389/fpsyg.2019.00577

Casonato, M., **Nazzari, S.**, Frigerio, A. (2017). Feasibility and efficacy of an attachment-based intervention in a maltreatment sample in residential care: A pilot study. *Clinical Child Psychology and Psychiatry*; 22(4):561-571

**Nazzari, S.**, Fullone, E., Provenzi, L. & MOM-Cope Study group. Sex-dependent epigenetic mechanisms in the association between maternal antenatal anxiety and infant temperament. Interdisciplinary symposium at the XXX AIP Conference Padova, 26-29 September 2022.

**Nazzari, S.**, Fearon, P., Rice, F., Molteni, M. & Frigerio, A. Maternal sensitivity moderates the impact of maternal antenatal cortisol on infant stress reactivity. Invited talk, Virtual Annual Meeting UKIMS, UK & Ireland Marcè Society for Perinatal Mental Health – 3 December 2020.

Selection of Invited Presentations at National or International Conferences

**Nazzari, S**, Fearon, P., Molteni, M., Rice, F., & Frigerio, A. Influenze ambientali pre- e postnatali sulla risposta allo stress nei primi mesi di vita: i risultati dello studio EDI. Invited talk, Convegno annuale dell'Associazione Italiana di Psicologia (AIP) – Napoli September 2019

**Nazzari, S**, Dottori, N., Molteni, M., Rice, F., Fearon, P., & Frigerio, A. *Maternal emotional availability moderates the association between antenatal maternal anxiety and infants' behavioral problems*. Invited talk, 16th congress of the World Association for Infant Mental Health (WAIMH), Rome, Italy, May 26–30, 2018.

**Nazzari S**, Ciceri F, Dottori N, Molteni M, Rice F, Fearon P, Frigerio A. *Maternal prenatal stress and infant stress regulation*. Invited oral presentation at the symposium "Maternal stress during pregnancy: Implications for infant behavioral and cognitive outcomes, and avenues of intervention", 15th congress of the World Association for Infant Mental Health (WAIMH), Prague, Czech Republic, May 29–June 2, 2016

Frigerio A, **Nazzari S**, Ceppi E, Giorda R, Ciceri F, Marini F, Molteni M. *Cortisol and ADHD symptoms: the moderating role of DRD4-48bp polymorphism and Stressful Life Events*. Society for Research in Child Development Biennial Meeting – Seattle, April 2013

Posters at National or International Conferences

Fullone, E., **Nazzari, S.**, Grumi, S., Provenzi, L. *Sex variability in infants OXTR methylation associates with negative emotionality at 3 months*. Mini-talk for XXX AIP Conference, Padova, 26-29 September 2022.

**Nazzari, S**, & Frigerio, A. "Effects of Depression on Infants" (EDI) Study: biological underpinnings of perinatal depressive symptoms and bio-behavioral outcomes in the child". Virtual Annual Meeting Rete IRCCS delle Neuroscienze e della Riabilitazione - 8-9 July 2020

**Nazzari S**, Dottori N, Ciceri F, Molteni M, Rice F, Fearon P, Frigerio A. *Prenatal exposure to maternal cortisol and infants' cognitive development*. 16th congress of the World Association for Infant Mental Health (WAIMH), Rome, Italy, May 26–30, 2018.

**Nazzari S**, Dottori N, Ciceri F, Molteni M, Rice F, Fearon P, Frigerio A. *The role of maternal antenatal depression and cortisol on infants' stress regulation*. International Attachment Conference (IAC), London, June 29 - July 1, 2017.

**Nazzari S**, Casonato M, Frigerio A. *Effects of an attachment-based intervention on maternal discipline in a maltreatment risk sample: A pilot study*. International Attachment Conference (IAC), London, June 29 – July 1, 2017.

**Nazzari S**, Dottori N, Ciceri F, Molteni M, Rice F, Fearon P, Frigerio A. *Security of attachment moderates the effects of maternal prenatal anxiety on infants' anxiety problems at 14 months of age*. International Attachment Conference (IAC), London, June 29 - July 1, 2017.

**Nazzari S**, Ciceri F, Dottori N, Molteni M, Rice F, Fearon P, Frigerio A. *Anxiety during pregnancy and neonatal outcomes: the role of the maternal HPA Axis*. Convegno annuale dell'Associazione Italiana di Psicologia (AIP), Parma, September 24-26, 2015.

Casonato M, **Nazzari S**, Frigerio A. *Promoting positive parenting through the VIPP-SD: a pilot study on a sample of mothers at high psychosocial risk*. Italian Association of Psychology (AIP) in Parma, September, 24-26, 2015.

**Nazzari S**, Ciceri F, Dottori N, Molteni M, Rice F, Fearon P, Frigerio A. *The influence of maternal antenatal stress and cortisol on birth outcomes*. 48th Annual Meeting of the International Society for Developmental Psychobiology (ISDP), San Sebastian, July 20-23, 2015.

**Nazzari S**, Frigerio A, Rice F, Molteni M, Fearon P. *Antenatal depression effects on infants' psychobiological development*. European Association of Developmental Psychology (EADP) & Jacobs Foundation Summer School – Syros, June, 15-19, 2014.

Ad Hoc Reviewer for International Journals

Brain, Behavior and Immunity, Psychoneuroendocrinology, Journal of Affective Disorders, Psychiatry Research Communications, European Child & Adolescent Psychiatry, Infancy, Development and Psychopathology; Developmental Psychobiology, Psychological Medicine, Frontiers in Psychology, BJOG: An International Journal of Obstetrics & Gynaecology.

Membership

Member of Child Attachment and Psychological Therapies Research (ChAPTRe) - Anna Freud National Centre for Children and Families;

Member of Italian Association of Psychology, Developmental and Education Psychology;  
 Member of UKIMS, UK & Ireland Marcè Society for Perinatal Mental Health;  
 Member of Ordine degli Psicologi della Lombardia (n. 15567)

Native Language Italian

Secondary Languages UNDERSTANDING SPEAKING WRITING

|         | UNDERSTANDING   |         | SPEAKING           |                   | WRITING |
|---------|---|---------|--------------------|-------------------|---------|
|         | Listening   | Reading | Spoken Interaction | Spoken Production |         |
| English | C1/C2   | C1/C2   | C1/C2              | C1/C2             | C1/C2   |
|         | IELTS examination (2013): 8.0/9.0,<br>First Certificate in English, University of Cambridge, ESOL Examination (2004): B |         |                    |                   |         |
| French  | B1/B2   | B1/B2   | B1/B2              | B1/B2             | B1/B2   |
|         | DELF A1 e A2, B1 e B2, Institut Français, Milano (2004)   |         |                    |                   |         |

Livelli: A1/A2: Utente base - B1/B2: Utente intermedio - C1/C2: Utente avanzato  
[Quadro Comune Europeo di Riferimento delle Lingue](#)

Digital skills SELF-ASSESSMENT

| Information processing | Communication | Contents creation | Safety       | Problem solving |
|------------------------|---------------|-------------------|--------------|-----------------|
| Advanced               | Advanced      | Intermediate      | Intermediate | Advanced        |

- *Operating systems:* Microsoft Windows, Mac OS X.
- *Office:* Microsoft PowerPoint, Excel, Word, Publisher.
- *Statistical Analyses:* SPSS, Matlab, MlwiN, MPlus
- *Video and Photo Editing:* Pinnacle Studio, Virtual Dub, PhotoShop.
- *Electrocardiographic data:* ProComp Infiniti

Personal data According to law 679/2016 of the Regulation of the European Parliament of 27th April 2016, I hereby express my consent to process and use my data provided in this CV

Milan, 08/06/2022

