

PAOLO OSSOLA

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Work and Education

Dec 2016 - onwards **Clinical Research Fellow** (Ricercatore RTDa, 19 hrs/w) @ School of Psychiatry, Università di Parma
Consultant in C-L Psychiatry (Dirigente Medico 19 hrs/w) @ AUSL, Parma

Aug 2014 – Dec 2016 **Junior Research Fellow** (Assegno di Ricerca) @ Italian Ministry of Education University and Research, MIUR
Locum Consultant in Adult Psychiatry (Guardia Medica 12 hrs/w) @ AUSL, Parma

Jun 2009 - Jul 2014 **CCT in Adult Psychiatry** (*cum laude*) @ Università di Parma

Nov 2008 - Feb 2009 **Foundation Program** (Abilitazione alla Professione) @ AUSL, Parma

Oct 2001 - Oct 2008 **MBBS** (*cum laude*) @ Facoltà di Medicina e Chirurgia, Università di Parma

Grants, Awards and Research Support

June 2018 **Grant** Università Franco-Italiane, Label UIF, 2018 in support of the Symposium "Mood Congruence in Bipolar Disorder", 48th Conference of the Italian Psychiatric Association.

2014-2016 **Research Fellowship** Italian Ministry of Education, MIUR, "Optimism Bias and Learning in Bipolar Disorder"

Mar 2016 **Travel Grant** 24th EPA Conference. 12-15 March 2016, Madrid, Spain

Mar 2015 **Travel Grant** 23rd EPA Conference. 28-31 March 2015, Vienna, Austria

Apr 2014 **Travel Grant** 22nd EPA Conference. 1-4 March 2014, Munich, Germany

Nov 2013 **Travel Grant** SIF monothematic Congress. 15-19 November 2013, Varese, Italy

International Schools

July 2018 **School** Computational Psychiatry Course, University College London, London, UK

April 2018 **School** Computational Neuroscience of Prediction, Federation of European Neuroscience Society, FENS, Spring Brain Conference, Rungstedgaard, Denmark

Aug 2017 **School** Computational Psychiatry Course, ETH and University of Zurich, Zurich, Swiss

Mar 2018 **Scholarship** European College of NeuroPsychopharmacology, ECNP, Workshop for Junior Scientists Nice, France

Jun 2017 **Scholarship** European College of NeuroPsychopharmacology, ECNP, School of Neuropsychopharmacology, Oxford, UK.

Jan 2016 **Scholarship** Basel Winter School of Psychiatry, Universitäre Psychiatrische Kliniken (UPK), Basel, Swiss

Visiting positions

Mar 2019 **Visiting Scholar** Computational Psychiatry Lab, Dept of Psychiatry, University of Oxford, Oxford, UK

Dec 2016 **Visiting Consultant** European Psychiatry Association, EPA Gaining Experience Program. Newham WHO Collaborating Centre, Queen Mary University of London; East London NHS Foundation Trust

Mar 2014 **Visiting Trainee** Visiting Trainee. European Federation Psychiatry Trainee, EFPT Exchange Program. LEO Service, Institute of Psychiatry, King's College London; South London and Maudsley NHS Foundation Trust

Research Projects (P.I.)

Bipolar	Apr 2016	SIMPLE: Italian translation of an app for the monitoring and psychoeducation of Bipolar Disorder with Dr Hidalgo-Mazzei (KCL, London, UK) & Dr Colom (IMIM-Hospital del Mar, Barcelona, Spain)
	Dec 2015	Attentional networks in Bipolar Disorder and Obsessive Compulsive Personality Disorder and Italian translation of the Subjective Thoughts Overactivation Questionnaire with Prof Bertschy & Dr Weiner (University of Strasbourg, Strasbourg, France) with Dr Meehan (Long Island University, New York City, NY, USA) & Dr Cain (Rutgers, NJ, USA) with Dr Buoli & Dr Caldiroli (Università degli Studi di Milano) with Dr Browning (University of Oxford, UK)
	Aug 2012	Update Bias in patients with Bipolar Disorder with Prof Sharot (UCL, London, UK) & Dr Garrett (PNI, Princeton, NJ, USA; University of Oxford, UK)
Unipolar	Aug 2013	Anhedonia across different psychiatric and neurological disorders with Prof Calzetti (Parma Hospital) and Dr Angelini (Neuroscience Unit, Parma)
	Nov 2014	Meta-analyses of different responses to TCAs and SSRIs across the life-span in Major Depression with Dr Gerra and Prof Stewart (Columbia University, New York City, NY, USA)

Teaching Experience

- Since 2017** Psychiatry (12 hrs) @BDS, Università di Parma
 Introduction to Bipolar Disorder (6 hrs) @School of Psychiatry, Università di Parma
- Since 2016** Introduction to Substance Use (6 hrs) @School of Psychiatry, Università di Parma
 Introduction to Substance Use (2 hrs) @MBBS and @MSc in Nursing, Università di Parma
- Since 2015** Basic of Statistics with SPSS (12 hrs) @School of Psychiatry, Università di Parma.
- Overall I supervised the thesis of (n=27) undergraduate medical students, (n=3) trainee in psychiatry and I organize a weekly Journal club for the trainees in Psychiatry and open to the PhD candidates in Neuroscience

Personal skills and competences

- Languages:** Italian (native), English (advanced), German (intermediate); basic knowledge of French, Spanish and Arabic.
- Technical Skills:** SPSS (very good), G*Power, JASP (good) Matlab, R (fair)
- Physiological measurement:** Respiratory Sinus Arrhythmia and Interoceptive Awareness; Attention Network Task-Revised.
- Exposition:** best oral presentation (Basel Winter School) and experience in several congresses.

Organizational experience

- Meta-ECNP Journal Club:** Since the ECNP School 2017 with Dr Schoretsanitis (Bern University), we chair a nearly monthly educational meeting, in which junior researchers in psychiatry are invited to discuss their preliminary findings and foster collaborations.
- Publication Day:** Since 2015, I organize this yearly event aimed at spreading the research output in Mental Health across different clinical and academic organizations in Parma.
- Bipolar Psychoeducation:** within the outpatients service specialized in Bipolar Disorder that I supervise, I organize yearly psychoeducational courses (21 weekly session, Colom-Vieta Model) and train colleagues on this approach.
- Transference Focused Psychotherapy:** Since 2017, I participate in weekly sessions of clinical case supervision with Dr. Eric Fertuck (CUNY, New York City, NY, USA).
- Substance Use Prevention:** Two seminars aimed at creating specialized services in the treatment of alcohol (April 2017; Batumi, Georgia) and cannabinoid use (December 2018; Tbilisi, Georgia).
- Exchange Program:** I'm the coordinator of the exchange program in psychiatry (since 2016 n=5 visiting students) for the University of Parma.

Publications

2019

- **Ossola, P.**, Generali, I., Schito, G., De Panfilis, C., Tonna, M., Gerra, M.L., Marchesi, C. (2019). Temperament and depression after a first acute coronary syndrome. *Journal of Nervous and Mental Disease*.
- Tonna, M., **Ossola, P.**, Marchesi, C., the GET UP Group. (2019). The dimensional structure of first episode psychosis. *Early Intervention in Psychiatry*
- De Panfilis, C., Schito, G., Generali, G., Gozzi, L., **Ossola, P.**, Marchesi, C., Grecucci, A. (2019). Emotions at the border: Increased punishment behaviour during fair interpersonal exchanges in Borderline Personality Disorder. *Journal of Abnormal Psychology*
- Tonna, M., Ottoni, R., Pellegrini, C., Bettini E., Accardi, V., **Ossola, P.**, De Panfilis, C., Marchesi, C. (2019) The "Obsessive Paradox": The Complex Relationship Between Cognitive and Obsessive Dimensions in Schizophrenia. *Journal of Nervous and Mental Disease*.

2018

- **Ossola, P.**, Gerra, M.L., De Panfilis, C., Tonna, M., Marchesi C (2018). Anxiety and depression in predicting cardiac outcome after a first acute coronary syndrome. *Health Psychology*
- Amerio, A., **Ossola, P.**, Scagnelli, F., Odone, A., Allinovi, M., Cavalli, A., Iacopelli, J., Tonna, M., Marchesi, C., Ghaemi, S.N. (2018). Safety and efficacy of lithium in children and adolescents: A systematic review in bipolar illness. *European Psychiatry*
- Tonna, M., Paglia, F., Ottoni, R., **Ossola, P.**, De Panfilis, C., Marchesi, C. (2018) Delusional Disorder: The role of personality and emotions on delusional ideation. *Comprehensive Psychiatry*.
- Galderisi, S., Rucci, P., Kirkpatrick, B., et al; **Italian Network for Research on Psychoses**. (2018) Interplay among psychopathologic variables, personal resources, context-related factors, and real-life functioning in individuals with schizophrenia a network analysis. *JAMA Psychiatry*.
- Bucci, P., Galderisi, S., Mucci, A., et al; **Italian Network for Research on Psychoses**. (2018) Premorbid academic and social functioning in patients with schizophrenia and its associations with negative symptoms and cognition. *Acta Psychiatrica Scandinavica*.
- Rocca, P., Galderisi, S., Rossi, A. et al; **Italian Network for Research on Psychoses**. (2018). Disorganization and real-world functioning in schizophrenia: Results from the multicenter study of the Italian Network for Research on Psychoses. *Schizophrenia Research*.
- Mucci, A., Galderisi, S., Green, MF et al., **Italian Network for Research on Psychoses**. (2018). *Familial aggregation of MATRICS Consensus Cognitive Battery scores in a large sample of outpatients with schizophrenia and their unaffected relatives. Psychological Medicine*.

2017

- Gerra, M.L., Gerra, G., Mercolini, L., Manfredini, M., Somaini, L., Pieri, C.M., Antonioni, M., Protti, M., **Ossola, P.**, Marchesi, C. (2017). Increased oxytocin levels among abstinent heroin addicts: Association with aggressiveness, psychiatric symptoms and perceived childhood neglect. *Progress in Neuro-Psychopharmacology and Biological Psychiatry*.
- Rossi, A., Galderisi, S., Rocca, P., et al; **Italian Network for Research on Psychoses**. (2017) The relationships of personal resources with symptom severity and psychosocial functioning in persons with schizophrenia: results from the Italian Network for Research on Psychoses study. *European Archives Psychiatry Clinical Neuroscience*.
- Rossi, A., Galderisi, S., Rocca, P., et al; **Italian Network for Research on Psychoses**. (2017) Personal resources and depression in schizophrenia: The role of self-esteem, resilience and internalized stigma. *Psychiatry Research*

2016

- Marchesi, C., **Ossola, P.**, Amerio, A., Daniel, B.D., Tonna, M., De Panfilis, C. (2016). Clinical management of perinatal anxiety disorders: A systematic review. *Journal of Affective Disorders*.
- Tonna, M., Ottoni, R., Paglia, F., **Ossola, P.**, De Panfilis, C., Marchesi, C. (2016) Obsessive–compulsive symptoms interact with disorganization in influencing social functioning in schizophrenia. *Schizophrenia Research*.
- Tonna, M., Ottoni, R., Paglia, F., Monici, A., **Ossola, P.**, De Panfilis, C., Marchesi, C. (2016). Obsessive-compulsive symptoms in schizophrenia and in obsessive compulsive disorder: differences and similarities. *Journal of Psychiatric Practice*.
- Galderisi S, Rossi A, Rocca P, et al; **Italian Network for Research on Psychoses**. (2016). Pathways to functional outcome in subjects with schizophrenia living in the community and their unaffected first-degree relatives. *Schizophrenia Research*.
- Rocca P, Galderisi S, Rossi A et al; ; **Italian Network for Research on Psychoses**. (2016). Social cognition in people with schizophrenia: a cluster-analytic approach. *Psychological Medicine*.

2015

- **Ossola, P.**, De Panfilis, C., Tonna, M., Ardissino, D., Marchesi, C. (2015) DS14 is More Likely to Measure Depression Rather than a Personality Disposition in Patients with Acute Coronary Syndrome. *Scandinavian Journal of Psychology*.
- **Ossola, P.**, Paglia, F., Pelosi, A., De Panfilis, C., Conte, G., Tonna, M., Ardissino, D., Marchesi, C. (2015) Risk factors for incident depression in patients at first acute coronary syndrome. *Psychiatry Research*.
- Marchesi, C., **Ossola, P.**, Scagnelli, F., Mellini, L., Tonna, M., Ardissino, D., De Panfilis, C. (2015) The role of Alexithymia in predicting Incident Depression in patients at first Acute Coronary Syndrome. *Comprehensive Psychiatry*.
- De Panfilis, C., **Ossola, P.**, Tonna, M., Catania, L., Marchesi, C. (2015). Finding words for feelings: The relationship between personality disorders and alexithymia. *Personality and Individual Differences*.
- Fortunati, R., **Ossola, P.**, Camerlengo, A., Bettini, E., De Panfilis, C., Tonna, M., Maggini, C., Marchesi, C. (2015). Anhedonia in Schizophrenia: the role of Subjective Experiences. *Comprehensive Psychiatry*.
- Tonna, M., Ottoni, R., Paglia, F., **Ossola, P.**, De Panfilis, C., Marchesi, C. (2015) Obsessive-compulsive symptom severity in schizophrenia: a Janus Bifrons effect on functioning. *European Archive of Psychiatry and Clinical Neuroscience*.
- Marchesi, C., Affaticati, A., Monici, A., De Panfilis, C., **Ossola, P.**, Ottoni, R., Tonna, M. (2015) Decrease of functioning in remitted and non-remitted patients 16 years after a first-episode schizophrenia. *Journal of Nervous and Mental Diseases*.
- Marchesi, C., Affaticati, A., Monici, A., De Panfilis, C., **Ossola, P.**, Tonna, M. (2015) Severity of core symptoms in first episode schizophrenia and long-term remission. *Psychiatry Research*.
- Tonna, M., Ottoni, R., Affaticati, A., Ferrari, L., Monici, A., **Ossola, P.**, De Panfilis, C., Marchesi, C. (2015). The impact of obsessive dimension on symptoms and functioning in schizophrenia. *Psychiatry Research*.
- Tonna M., Amerio, A., Odone, A., **Ossola, P.**, Marchesi, C., Ghaemi, S.N. (2015) Are obsessive-compulsive symptoms expression of vulnerability to bipolar disorder? *Acta Psychiatrica Scandinavica*.
- Tonna, M., Amerio, A., Ottoni, R., Paglia, F., Odone, A., **Ossola, P.**, De Panfilis, C., Ghaemi, S.N., Marchesi, C. (2015). The clinical meaning of obsessive-compulsive symptoms in bipolar disorder and schizophrenia. *Australian New Zealand Journal of Psychiatry*.

2014

- Marchesi, C., **Ossola, P.**, Scagnelli, F., Paglia, F., Aprile, S., Monici, A., Tonna, M., Conte, G., Masini, F., De Panfilis, C. Ardissino, D., (2014). Type D Personality in never depressed patients at their first acute coronary syndrome. *Psychotherapy and Psychosomatics*.
- Marchesi, C., **Ossola, P.**, Scagnelli, F., Paglia, F., Aprile, S., Monici, A., Tonna, M., Conte, G., Masini, F., De Panfilis, C. Ardissino, D., (2014). Type D Personality in never depressed patients and the development of major and minor depression after Acute Coronary Syndrome. *Journal of Affective Disorders*.
- Marchesi, C., **Ossola, P.**, Tonna, M., De Panfilis, C. (2014) The TAS-20 more likely measures negative affects rather than alexithymia itself in patients with Major Depression, Panic Disorder, Eating Disorders and Substance Use Disorders. *Comprehensive Psychiatry*.
- Marchesi, C., Giaracuni, G., Paraggio, C., **Ossola, P.**, Tonna, M. De Panfilis, C. (2014) Pre-morbid Alexithymia in Panic Disorder: a cohort study. *Psychiatry Research*.
- Marchesi, C., Ampollini, P., Paraggio, C., Giaracuni, G., **Ossola, P.**, De Panfilis, C., Tonna, M., Viviani, D. (2014) Risk factors for Panic Disorder in pregnancy: a cohort study. *Journal of Affective Disorders*.
- Tonna, M., Ottoni, R., **Ossola, P.**, De Panfilis, C., Marchesi, C. (2014). Late-Onset Obsessive-Compulsive Disorder Associated with Left Cerebellar Lesion. *Cerebellum*.
- De Panfilis, C., Generali, I., Dall'Aglio E., Marchesi, F., **Ossola, P.** Marchesi, C. (2014) Temperament and 1-year outcome of gastric bypass for severe obesity. *SOARD*.
- Marchesi, C., Affaticati, A., Monici, A., De Panfilis, C., **Ossola, P.**, Tonna, M. (2014) Predictors of symptomatic remission in patients with first-episode schizophrenia: a 16 years follow-up study. *Comprehensive Psychiatry*.
- Cervellin, C., Comelli, I., Lippi, G., Comelli, D., Rastelli, G., **Ossola, P.**, Marchesi, C. (2014) The number of Emergency Department visits for psychiatric emergencies is strongly associated with mean temperature and humidity variations: results of a nine years survey. *Emergency Care Journal*
- Galderisi, S., Rossi, A., Rocca, P, et al.; **Italian Network For Research on Psychoses**. (2014). The influence of illness-related variables, personal resources and context-related factors on real-life functioning of people with schizophrenia. *World Psychiatry*.

2013

- Marchesi, C., De Panfilis, C., Tonna, M., **Ossola, P.** (2013). Is placebo useful in the treatment of major depression in clinical practice? *Neuropsychiatric Disease and Treatment*.

Indexed Conference Proceedings

2018

- **Ossola, P.**, De Panfilis, C., Meehan, K.B., Cain, N.M., Soliani, A., Ferrari, M., Schito, G., Generali, I., Antonucci, C., Marchesi, C. (2018). The role of effortful control in performing an executive attention task. 31st ECNP Conference, 6-10 October 2018, Barcelona, Spain. *European Neuropsychopharmacology*.

- **Ossola, P.**, Garrett N., Weiner, L., Tonna, M., Amerio, A., Marchesi, C. (2018). Mood Congruence in Bipolar Disorder. 48th SIP Conference, 13-17 October 2018, Turin, Italy.
- **Ossola, P.**, Gerra, M.L., De Panfilis, C., Tonna, M., Marchesi C (2018). Anxiety and depression in predicting cardiac outcome after a first acute coronary syndrome. 6th EAPM Congress. 27-30 June 2018; Verona. *Journal Psychosomatic Research*.
- **Ossola, P.**, Antinori, S., Bertocchi, N., Angelini, M., Negrotti, A., Calzetti, S., Marchesi, C. (2018). To await a pleasure, is itself a pleasure? Anticipatory anhedonia as a transdiagnostic symptom. 26th EPA Conference. 3-6 March 2018, Nice, France. *European Psychiatry*.
- **Ossola P.**, Ferrari, M., Lucarini, V., Gerra, M.L., Tonna, M., De Panfilis, C., Marchesi, C. (2018). Role of the attentional networks in the psychopathology of bipolar disorder. ECNP, Workshop for Junior Scientists, 15-18 March 2018, Nice, France. *European Neuropsychopharmacology*.
- Weiner, L., **Ossola, P.**, Causin, J.B., Kraemer, C., Bertschy, G., Weibel, S. (2018). Racing thoughts in adults with ADHD: a neglected symptom associated with mood instability and insomnia. 26th EPA Conference. 3-6 March 2018, Nice, France. *European Psychiatry*.
- Weiner, L., **Ossola, P.**, Causin, J.B., Kraemer, C., Bertschy, G., Weibel, S. (2018). Tachypsychie chez les adultes atteints de TDAH: un symptôme négligé, associé à l'instabilité de l'humeur et à l'insomnie. 24th Congress of the European Sleep Society, 25-28 September, Basel. Switzerland

2017

- **Ossola P.**, Gerra ML, Piacente A, Marchesi C, Stewart JW. (2017). Does Age Affect Treatment of Depressive Disorders? A systematic review of antidepressants versus placebo studies. ISAD Conference, 6-7 July 2017, London, UK. *Frontiers in Psychiatry*.
- **Ossola P.**, Jovanovic N, McColl H, Johnston Webber C, Giordano V, Steel M, Ramjaun N, Andlauer O. (2017). Who's lost in waiting? 25th EPA Conference. 1-4 April 2017, Florence, Italy. *European Psychiatry*.

2016

- **Ossola, P.**, Scagnelli, F., Longhi, A., De Panfilis, C., Tonna, M., Marchesi, C. (2016) Risk factors for a new cardiac event after a first acute coronary syndrome. 24th EPA Conference. 12-15 March 2016, Madrid, Spain. *European Psychiatry*.
- Ferrari, M., **Ossola, P.**, Lucarini, V., Accardi, V., De Panfilis, C., Tonna, M., Marchesi, C. (2016) Thought Overactivation as a marker of Bipolar Disorder. 24th EPA Conference. 12-15 March 2016, Madrid, Spain. *European Psychiatry*.
- Tonna, M., Ottoni, R., Paglia, F., **Ossola, P.**, De Panfilis, C., Marchesi, C. (2016) Obsessive-Compulsive Symptoms Interact with Disorganization in Influencing Social Functioning in Schizophrenia. 24th EPA Conference. 12-15 March 2016, Madrid, Spain. *European Psychiatry*.

2015

- **Ossola, P.**, Fortunati, R., De Panfilis, C., Tonna, M., Maggini, C., L., Marchesi, C. (2015) I Anhedonia in schizophrenia: the role of subjective experiences in the emotion paradox. 23rd EPA Conference. 28-31 March 2015, Vienna, Austria. [Free Communication]. *European Psychiatry*.
- Carone, F., Redolfi, A., **Ossola, P.** (2015) Between Rumination and Counterfactual thinking: the role of alternative scenarios in maintaining Negative Affectivity. Giovanni Fioriti Editore. Rome Workshop on Experimental Psychopathology. 20-21 March 2015, Rome, Italy.

2014

- **Ossola, P.**, De Panfilis, C., Tonna, M., Catania, L., Marchesi, C. (2014) I have words for feelings: a longitudinal study of Alexithymia in Personality Disorders". 22nd EPA Conference. 1-4 March 2014, Munich, Germany. *European Psychiatry*.

2013

- **Ossola, P.**, Paglia, F., Scagnelli, F., Aprile, S., Monici, A., Marchesi, C. (2013). Does an overlap exist between type D personality and depressive symptoms?. 1st EAPM Congress "Body and Mind: an all age approach to psychosomatic medicine and consultation liaison psychiatry", 4-6 Giugno 2013, Cambridge, UK. *Journal of Psychosomatic Research*.
- **Ossola, P.**, Paglia, F., Scagnelli, F., Aprile, S., Monici, A., Marchesi, C. (2013). Impact of Major and Minor Depression on the ischemic heart disease outcome over one year from the onset. SIF monothematic Congress "Neuroimmune Pharmacology: Challenging Paradigms Beyond Boundaries" 15-19 Novembre 2013, Varese, Italy. *Journal of Neuroimmune Pharmacology*.
- De Panfilis, C., Generali, I., Dall'Aglio E., Marchesi, F., **Ossola, P.**, Tonna, M., Antonucci, C., Marchesi, C. (2013). Temperament as Independent Predictor of Weight Loss Following Gastric Bypass for Morbid Obesity. 18th World Congress of the International Federation for the Surgery of Obesity & Metabolic Disorders, 28-31 August 2013, Istanbul, Turkey. [Poster Presentation]. *Obesity and Surgery*.

H-index: 10 (Scopus)

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Total number of citations: 346 (Scopus)

Parma, 19 Febbraio 2019

Paolo Ossola
