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## CURRICULUM VITAE

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### GIAMPAOLO ROBERT PERNA, MD, PhD

Department of Clinical Neurosciences,  
San Benedetto Menni Hospital-Sisters Hospitaliers  
via Roma 16, 22032, Albese Con Cassano (Como),  
Italy

European Center for Anxiety and Emotional  
Disorders  
via Thaon di Revel 19, 20159, Milan, Italy

Phone: +39 031 4291539  
Fax: + 39 02 70036118

E-mail address : pernagp@gmail.com  
Web Site: [www.giampaoloperna.com](http://www.giampaoloperna.com)  
H-Index: 37/32 (google scholar/scopus)  
Global Impact Factor: >500



**Date of birth:** November 16, 1964

**Place of birth:** Hartford (USA)

**Citizenship:** Italian/USA

Italian Medical Licence Registration (OMCeO-Milan, 01/29/1991) n.30604

Italian Registry of Psychotherapists (OMCeO-Milan, 03/19/2018) n.1463

## PROFILE IN BRIEF

### Education

He has grown in a **multi-ethnic and multicultural environment** (Italian father, Japanese mother; nations where he lived during the first 6 years of his life: USA, Japan, Norway, Italy) showing and developing an excellent adapting abilities.

He is fluent in English (native language) and Italian and **he has double citizenships (USA & Italian)**.

He practiced individual (tennis) and team sports (American football) building effective team-work abilities and competencies of persistence and firmness.

During his educational career he never failed a goal: scientific high school, degree in medicine and surgery, PhD in psychiatry and relational sciences, residency in psychiatry.

His professional growth has been fostered by several leaders in the field of psychiatry: Prof. Donald Klein (Columbia University, NY), Prof. Laura Bellodi & Prof. Enrico Smeraldi (Vita Salute San Raffaele University, Milan-Italy), Prof. Eric Griez (Maastricht University, NL), Prof. Francesca Brambilla (Milan) & Prof. Charles B. Nemeroff (University of Miami, USA).

### Career

#### **Research**

His career as a scientific researchers led him to publish on the most quoted psychiatric/mental health journals before the age of 35 (American Journal of Psychiatry, Biological Psychiatry, etc.) with constancy in publications on peer reviewed journals that led him to publish **149 papers indexed on the Journal of Citation Index**, with a **global Impact Factor higher than 500**, a mean IF for publication indexed of 4 and an **H-Index of 37/32** (Google Scholar/Scopus). He participated as a co-investigator to research projects funded by the Italian Minister for Research and University (MIUR) and currently he is the **Principal Investigator of a four years projects funded by Cariplo Foundation** ([www.anchorageteam.it](http://www.anchorageteam.it), 313'000 Euro). He is currently the President of the Interprovincial Commission for Investigation of the Hermanas Hospitalarias, a congregation devoted to mental health that counts more than 200 centers in 4 different continents. In 2017 he has been ranked, based on scientific production in the last 10 years, from the US rating agency Expertscape ([www.expertscape.com](http://www.expertscape.com)) as **1st in Italy and in Europe and 3rd Worldwide in the field of Panic Disorder** and second in Italy in the field of Anxiety Disorders

#### **Academic Teaching**

He developed his skills in **teaching, serving for 6 different universities** (State University of Milan, Vita-Salute San Raffaele University, State University of l'Aquila, Lumsa University in Rome, Maastricht University, University of Miami). He tutored more than 30 students to obtain degrees in Medicine and Psychology, PhDs, residency in Psychiatry and Clinical Psychology (Milan, L'Aquila, Maastricht, Yale, Rio de Janeiro). He is currently **Voluntary Professor, Department of Psychiatry & Behavioral Sciences, Miller School of Medicine, Miami University (USA), Associate Professor, Department of Psychiatry and Neuropsychology, Faculty of Health, Medicine and Life Sciences, Maastricht University (NL) and Director, International Master in Affective Neuroscience, University di Maastricht (NL) e University di Firenze (IT) and Academic**

**Coordinator Mental Health Area & Adjunct Professor, Humanitas University (Milan).** In 2014 he obtained the **national scientific qualification to function as** Associate Professor and in 2017 as **Full Professor in Italian Universities.**

## **Leadership, Management & Marketing**

He has a personal commitment to the studies on leadership, management and marketing that brought him to participate to a **university post-graduate course on “Management of Technology”** held in the State University of Milan. He had important teaching experiences in the field of leadership and marketing lecturing for the **Publitalia Master in Marketing & Communication**, for the project “Leaders for the Future” of the **Ambrosetti European House** and for the project “Skills & Behavior” of the **Carlo Cattaneo University (LIUC)**, obtaining excellent ratings from students.

He demonstrated effective abilities in self-marketing becoming a national leader in the field of anxiety disorders, able to attract more than 250 new patients a year. He developed excellent skills in communicating to the general population obtaining a column on the most read feminine weekly newspaper (**Donna Moderna – Mondadori**) and health weekly newspaper (**StarBene – Mondadori**) with several and regular participation to national TV transmissions (Rai, Mediaset) and national radio (Radio 24, Radio 1, Radio Montecarlo). He published **5 popular books** on themes related to mental health that sold more than 25000 copies and has been translated in Polish and Spanish. He created the web site [www.ansia.info](http://www.ansia.info) that counts 2500 different visitors a month and his personal website (also in English) [www.giampaoloperna.com](http://www.giampaoloperna.com) that counts a mean of 1500 different visitors a month. His linkedIn profile counts more than 4500 links and his Facebook profile more than 2500 friends.

## **Networking**

He has well developed abilities to build networks. Among the psychiatric institutions included in his network we can find the followings: University of Miami (Prof. Charles Nemeroff), Stanford University (Prof. Alan Schatzberg), University of Madison (Prof. Ned Kalin), Maastricht University (Prof. Koen Schruers), University of Friburg – Germy (Prof. Thomas Schlaepfer), King’s College a Londra (Prof. Carmine Pariante) Federal University of Rio de Janeiro (Prof. Antonio E. Nardi), Vita Salute University Milan (Prof. Laura Bellodi), Italian National Society of Eating Psychopathology (Prof. Francesca Brambilla), all of whom can provide a letter of presentation.

He has been included in several **editorial boards of international scientific journals** and is currently the **Co-Editor in Chief**, together with Prof. Charles Nemeroff (University of Miami), of the scientific journal **Personalized Medicine in Psychiatry** published from Elsevier with the first two volumes that will be published in 2017.

## **Clinical Activity**

He has an experience of more than 20 years treating patients with mental disorders, becoming a leader in the field of anxiety and emotional disorders. He had a consistent clinical career in well-known hospitals becoming **vice-chief of the Anxiety Disorders Clinical & Research Unit at San Raffaele Hospital in Milan** at the age of 36, Chief of a rehabilitation psychiatric inpatient unit of 75 beds with 8 psychiatrists, 15 psychologists at the age of 44 and **Chairman of the Department of Clinical Neurosciences of Villa San Benedetto Menni – Hermanas Hospitalarias** ([www.hospitalarias.org](http://www.hospitalarias.org), [www.dncospedaliere.it](http://www.dncospedaliere.it)) with a 75 in-patients rehab unit, a Day care unit, 2 outpatients facilities near Como and in Milan, a research center, at the age of 49. In all the responsibilities described he brought a strong innovative and pragmatic approach that led to high standards of clinical quality and an effective financial profitability. In the 6 years he worked as a Chief of the Department of Clinical Neurosciences every year he reached the clinical, scientific and economic goals assigned by the general director.

## Scientific Speaker's Activity

He has been a speaker for more than **80 national and international meetings and congresses** and more than 20 meetings for general population on different mental health themes.

## Non Profit activities

He gave his free activity as a manager for several non-profit companies. He has been one of the founders and a member of the scientific committee of the Non Profit Association FreeFromFears in Milan. He is the president of the scientific committee of the Non Profit Association ALPA (Free from panic and anxiety) ([www.infoalpa.it](http://www.infoalpa.it)) and **Scientific Director and member of the Executive Committee of the Non Profit International Foundation for the Support of Psychiatric Research** ([www.fondazioneforipsi.org](http://www.fondazioneforipsi.org)). He participated to several meeting for fund rising on issues related to mental health and coordinated research projects in cooperation with the above mentioned non profit entities. Currently he is member of the **Executive Committee & President of the Scientific Committee of the AIAMC (Italian Association for Behavior Analysis and Modification)** and **Chair of the World Psychiatric Association – WPA section on Personalized Psychiatry** ([www.personalizedpsychiatry.org](http://www.personalizedpsychiatry.org)). He is also member of the Anxiety and Depressive Association of America (ADAA) and the American Psychiatric Association (APA).

## Other Interests

He has a specific interest in factors related to physical and mental wellbeing, publishing in 2007 the popular bestselling book "Psicofitness" and in 2008 he has been the founder and scientific director of the Mental Fitness Institute in Milan until 2010, building an anti-stress program for managers and high performance persons.

## EDUCATION

- 1978-1983 Scientific High School of Milan
- 1983-1990 School of Medicine, State University of Milan
- 1986-1988 Fellow, Bioethic Institute, San Raffaele Hospital, Milan
- 1986-1988 Fellow, School of Medicine and Human Sciences, San Raffaele Hospital, Milan
- 1988-1990 Clinical Fellow in Psychiatry, Anxiety Disorders Clinical and Research Unit, Dept. of Neuropsychiatric Sciences (Dir. Prof. L. Bellodi), State University of Milan, San Raffaele Hospital, Milan.
- 1988-1990 Fellow, Psychoneuroendocrinology Center (Dir. Prof. F. Brambilla), Paolo Pini Hospital, Milan.

## POST-DOCTORAL TRAINING

- 1990-1991 Residency in Psychiatry (1° year), State University of Milan, Milan
- 1990-1994 Research Doctorate in Psychiatry and Relational Sciences (Ph-D training)
- 1991 "Anxiety Disorders", course by the Advanced School of the Italian Neuroscience Society, Como, Italy
- 1991 "European Certificate in Anxiety Disorders", course by the Universities of Maastricht, Caen and Oxford. Maastricht, The Netherlands (1° session) and Oxford, England (2° session).
- 1992 "Psychiatry '90", course, Gubbio, Italy.
- 1994-1997 Residency in Psychiatry (2°-3°-4° years), State University of Milan, Milan
- 1998 "Cognitive Therapy : the Basics" (Prof. D.Schuyler), course by the American Psychiatric Association. Toronto, Canada.
- 2001-2002 "Management of Technology" (Prof. G. Nassi), Advanced Training Course, State University of Milan, Italy
- 2007 "Eye Movement Desensitization and Reprocessing (EMDR) 1 level training course", CRSP, Milan.
- 2007 Course on the improvement of the quality of academic studies in Phase I and Phase II authorized research centers, pediatric centers and centers that are involved in studies funded by AIFA (Italian Agency for Drugs), AIFA, Rome

## LICENSURE AND CERTIFICATION

1990	Degree in Medicine (mark: 110/110 with Honours), State University of Milan, Italy.
1991	Italian Medical Licence Registration (OMCeO-Milan).
1991	European Certificate in Anxiety Disorders.
1996	Research Doctorate (PhD) in Psychiatry and Relational Sciences, State University of Milan, Italy.
1997	Residenship in Psychiatry (mark : 70/70 with Honours), State University of Milan, Italy.
2002	Certificate of Attendance of the Advanced Training Course “Management of Technology”, State University of Milan, Italy.
2007	First Level Eye Movement Desensitization and Reprocessing (EMDR) training certification.
2007-2015	Basic Life Support Early Defibrillation(BSLD) Certification, Italian Resuscitation Council, Milan
2014	National Scientific Qualification to function as Associate Professor in Psychiatry in Italian Universities
2016	Certificate of Accreditation, European Association for Behavioral and Cognitive Therapies (EABCT)
2017	National Scientific Qualification to function as Full Professor in Psychiatry in Italian Universities
2018	Italian Registry of Psychotherapists (OMCeO-Milan)

## ACADEMIC & TEACHING APPOINTMENTS

1992-2002	Tutor, <i>Psychiatry and Clinical Psychology</i> , School of Medicine , State University of Milan, Italy.
1993-2000	Teaching staff: <i>European Certificate in Anxiety Disorders</i> . Universities of Maastricht (The Netherlands), Florence (Italy) and Paris (France).
1993-1999	Teaching staff: <i>Residential Course on Clinical Psychopharmacology</i> . Department of Neuropsychiatric Sciences, H.S.Raffaele, Milan
1993-pres	Member of Degree Committees for : - Faculty of Medicine, State University of Milan, Italy.

Update on 9<sup>th</sup> April 2018

- Faculty of Psychology, State University of Turin, Italy.
- Post graduate school in Clinical Psychology, University of Milan, Italy.
- Faculty of Medicine, Vita-Salute University San Raffaele, Milan, Italy.
- Faculty of Psychology, Vita-Salute University San Raffaele, Milan, Italy.
- Faculty of Psychology, State University of l'Aquila, Italy.
- Post graduate school in Psychiatry, Vita-Salute University San Raffaele, Milan, Italy.
- Doctorate Thesis, University of Limburg, The Netherlands.

- 1997 Teaching staff : *Update Course of the Italian Society of Psychiatry : Panic Disorder*. Milan, Santa Margherita Ligure, Catania, Rome.
- 1998-2000 Tutor, Residency School in Psychiatry, State University of Milan, Italy
- 1998-2000 Assistant Professor in Psychiatry, Residency School in Clinical Psychology, State University of Milan, Italy
- 1999 Teaching Staff: *Anxiety Disorders and OCD '99. A European CNS Masterclass*. Siville, Spain
- 2000-2003 Assistant Professor in Psychiatry, Faculty of Medicine and Surgery, Vita-Salute University, Milan
- 2002 Assistant Professor, Master in Clinical Psychopharmacology, Vita-Salute University, Milan
- 2002-2007 Assistant Professor and Secretary, Residency School in Psychiatry, Vita-Salute University, Milan
- 2002-2009 Assistant Professor, Residency School in Neurology, Vita-Salute University, Milan
- 2010 Co-promotor PhD thesis, Daniela Caldirola, MD, University of Maastricht (The Netherland)
- 2005-2009 Assistant Professor, Residency School in Neurophysiology, Vita-Salute University of Milan
- 2005 Assistant Professor, Faculty of Medicine, State University of L'Aquila, L'Aquila
- 2006 Supervisor, PhD program of Fabiana Leao Lopes, Federal University of Rio de Janeiro (Brazil)
- 2006-2008 Adjunct Professor, Faculty of Psychology, State University of L'Aquila, L'Aquila
- 2007 Psychiatry Clerkship Director of Paul Di Capua, Yale School of Medicine
- 2008 Teaching Staff, Master in Communication & Marketing, Publitalia 80, Milan
- 2008-2009 Assistant Professor, Residency School in Clinical Psychology, Vita-Salute University of Milan
- 2004-2012 Associate Director, Master in Affective Neuroscience, Universities of Maastricht and Florence

2008-2013	Honorary Assistant Professor, Department of Psychiatry and Neuropsychology, Faculty of Health, Medicine and Life Sciences, University of Maastricht, (The Netherlands)
2008-pre	Teaching Staff, Master in Neuropsychiatry and Neuropsychology, LUMSA University, Rome
2008-pres	Co-promotor PhD thesis, University of Maastricht (The Netherland): Daniela Caldirola, Paolo Cavedini, Alessandro Serretti, Maria Nobile.
2010	Supervisor, PhD program of Rafael Freire, Federal University of Rio de Janeiro (Brazil)
2011-pres	Voluntary Professor, Department of Psychiatry & Behavioral Sciences, Miller School of Medicine, University of Miami (USA)
2012-pres	Director, Master in Affective Neuroscience, Universities of Maastricht and Florence
2012-2013	Adjunct Professor, Department of Psychology, State University of L'Aquila
2013-pres	Honorary Associate Professor, Department of Psychiatry and Neuropsychology, Faculty of Health, Medicine and Life Sciences, University of Maastricht, (The Netherlands)
2014-pres	National scientific qualification to function as Associate Professor in Psychiatry in Italian Universities, MIUR.
2014-pres	Teaching Staff, School of Psychotherapy ASIPSE, Milan.
2015-2017	Adjunct Professor, Faculty of Psychology, Vita-Salute San Raffaele University, Milan.
2017	Lecturer, Italian Association for Behavior Analysis and Modification and Behavior and Cognitive Therapy.
2017	National scientific qualification to function as Full Professor in Psychiatry in Italian Universities in Psychiatry, MIUR.
2018-pres	Academic Coordinator Mental Health Area Humanitas University & Adjunct Professor, Faculty of Medicine & Surgery, Nurses Sciences and Physiotherapy.

## **HOSPITAL APPOINTMENTS**

1990-2009	Consultant in Psychiatry, Dept. of Neuropsychiatric Sciences, San Raffaele Hospital, Milan, Italy.
1994-2000	Medical Assistant in Psychiatry, Dept. of Neuropsychiatric Sciences, San Raffaele Hospital, Milan, Italy.
1997	Medical Manager in Psychiatry, Dept. of Neuropsychiatric Sciences, San Raffaele Hospital, Milan, Italy.



2001-2009	Vice-Chief, Anxiety Clinical and Research Unit, San Raffaele Turro Hospital, Milan, Italy
2005-2009	Associate, Center for Neuroscience Studies, Milan
2006-2009	Vice-Chief, Psychiatric Day Hospital, San Raffaele Turro Hospital, Milan, Italy
2009- pres	Scientific Director & Chief, Department of Clinical Neurosciences, San Benedetto Menni Hospital, Albese con Cassano (Como) & European Center for Anxiety and Emotional Disorders, Milan, Italy
2010-2013	President of the Scientific Committee of San Benedetto Hospital, Albese con Cassano (Como) and member of the “Reunión Interprovincial de Investigación” (World Research Council) & of the “Italian Provincial Scientific Committee” of the Sisters Hospitallers .
2013-pres	Chairman, Department of Clinical Neurosciences, San Benedetto Menni Hospital, Albese con Cassano (Como) & European Center for Anxiety and Emotional Disorders, Milan, Italy.

## AWARDS AND GRANTS

1991	Research Grant for Psychiatry Research, San Raffaele Hospital, Milan, Italy.
1997	European College of Neuropsychopharmacology Fellowship Award 1997
2003	SOPSI Poster Award 2003
2010	ASIPSE Best Poster Award 2010
2012	National Prize Garitta d’Argento 2012 – Science and Research Section

## FUNDED PROJECTS

2001-2003	<b>Co-investigator</b> , Research Project “Neurobiological determinants of mood disorders and their comorbidity with anxiety disorders” (FIRB PNR 2001 – Prot. RBNE01ECR5), Vita-Salute San Raffaele University, Minister for Education, University and Research (MIUR)
2002-2004	<b>Co-investigator</b> , Research Project “Bipolar disorder type II: clinical, biological and psychosocial features” (COFIN 2002-2004 – Prot. 2002063425_00499), Vita-Salute San Raffaele University, Minister for Education, University and Research (MIUR)
2003-2004	<b>Co-investigator</b> , Research Project “ARA-012” (Astrazeneca), Department of Clinical Neuroscience, San Raffaele Turro.
2005-2007	<b>Co-Investigator</b> , Research Project “Neuropsychological approach to the comprehension of behavior in psychiatric disorders” (PRIN 2005-2007 – Prot.

2005069457), Vita-Salute San Raffaele University, Minister for Education. University and Research (MIUR)

- 2013-2018 **Responsible Italian Partner Center.** Research Project “PRONIA: Personalized Prognostic Tools for Early Psychosis Management” (FP7-HEALTH-2013-INNOVATION-1- Protocol 602152), Department of Clinical Neuroscience, Villa San Benedetto Menni Hospital.
- 2015-2019 **Principal Investigator.** Research Project “Are Anxiety Disorders associated with cognitive decline and Molecular mechanisms of dementia? A multi-centric Italian study in middle-aged and older patients and controls” (Cariplo Foundation, 313'870 Euro) Department of Clinical Neuroscience, Villa San Benedetto Menni Hospital ([www.anchorageteam.it](http://www.anchorageteam.it)).
- 2016-2017 **Principal Investigator.** Research Project “Non-interventional multi-country prospective cohort study to Investigate patterns of use of Selincro® and frequency of adverse drug reactions in routine clinical practice” (Lundbeck). Department of Clinical Neuroscience, Villa San Benedetto Menni Hospital.

## EXTRAMURAL COLLABORATIONS

- 1991-pres Academic Anxiety Center (prof. Griez, Dr. K. Scruers), Maastricht University, The Netherlands
- 2001-pres Department of Psychiatry (Prof. A.E. Nardi), Federal University of Rio De Janeiro, Brazil
- 2003-2008 Department of Psychiatry (Prof. M. Casacchia, Prof.ssa R. Roncone), State University of L'Aquila.
- 2011-pres Department of Psychiatry and Behavioral Sciences (Prof. Nemeroff, Prof. Ruiz, Prof Harvey), University of Miami, USA.

## PROFESSIONAL SOCIETY MEMBERSHIPS

- 1994 Italian Neuroscience Society
- 1996 European College of Neuropsychopharmacology
- 2005 International Society for the Advancement of Respiratory Psychophysiology
- 1997-pres New York Academy of Sciences
- 2008-pres International 35% CO2 committee
- 2009 USPRA (United States Psychiatric Rehabilitation Association)
- 2010-pres Italian Society of Psychiatry
- 2010-2011 Italian Society of Psychopathology
- 2014-pres Member of the Executive Committee, Italian Society for Behavior Analysis and Modification (AIAMC) & President of the Scientific Committee (from 2018)
- 2014-pres Chair, WPA section on Personalized Psychiatry.

2015-pres	Anxiety and Depression Association of America (ADAA)
2016-pres	Early Intervention in Mental Health (IEPA)
2017-pres	WPA section on Psychoneuroendocrinology
2017-pres	Association for Behavior Analysis International (ABAI)
2018-pres	American Psychiatric Association (APA)

## COOPERATION WITH NON PROFIT ORGANIZATIONS

2007-2009	Associate Founder, Member of the Scientific and Executive Committee, "FreeFrom Fears" Non Profit Association, via Passione 11, Milano
2009-pres	Scientific Responsible, International Foundation for the Support of Research in Psychiatry – Albese/Milan Section, San Benedetto Hospital, via Roma 16, Albese con Cassano (Como)
2010-pres	President, Scientific Committee, Non Profit Organization ALPA (Association Free from Panic and Anxiety), Rome (Italy)
2012-pres	Executive Committee, International Foundation for the Support of Research in Psychiatry – Rome (Italy) .
2013-pres	Scientific Director, International Foundation for the Support of Research in Psychiatry – Rome (Italy) .

## PARTICIPATION TO MEETINGS

1993	<p>"IX World Congress of Psychiatry", Rio de Janeiro, Brazil.</p> <p>"Current Therapeutical Approaches in Panic and Other Anxiety Disorders", CINP Regional Workshop, Montecarlo.</p> <p>"IV Congresso Nazionale, Giovani Cultori delle Neuroscienze" (IV National Congress, Young Researchers in Neuroscience), Pisa, Italy.</p>
1995	<p>"XV Congresso Nazionale della Societa' Italiana di Medicina Psicosomatica" (XV National Congress of the Italian Society of Psychosomatic Medicine", Trieste, Italy</p> <p>"148th Annual Meeting of the American Psychiatric Association", Miami, U.S.A.</p> <p>"VI Congresso della Societa' Italiana di Neuroscienze" (VI Congress of Italian Society of Neuroscience", Milan, Italy</p> <p>"VI International Symposium on Moclobemide: Understanding Social Phobia", Oslo, Norway.</p> <p>"VIII European College of Neuropsychopharmacology Congress", Venice, Italy.</p>
1996	"IX European College of Neuropsychopharmacology Congress", Amsterdam, The Netherlands.

- “Vith Interdisciplinary meeting. Diagnosis and Treatment of Equilibrium Disorders”, Milan, Italy.
- 1997 “150th Annual Meeting of the American Psychiatric Association”, San Diego, U.S.A.  
“X European College of Neuropsychopharmacology Congress”, Wien, Austria.- “XV Congresso Nazionale della Societa’ Italiana di Psichiatria” (XV National Congress of the Italian Society of Psychiatry), Palermo, Italy.
- 1998 “International Workshop on the Panic Respiration Connection”, Milan, Italy.  
“III Congresso della Societa’ Italiana di Psicopatologia”, Rome, Italy.  
“151th Annual Meeting of the American Psychiatric Association”, Toronto, Canada.  
“Aggressiveness and Hopelessness in Suicidal Behavior”, Abano Terme, Italy  
“XI Congresso della Societa’ Italiana di Neuropsicofarmacologia” (XI Congress of the Italian Society of Neuropsychopharmacology), Trieste, Italy
- 1999 “International Workshop on Connections between Eating Disorders and Obsessive Compulsive Disorder”, Milan, Italy.  
“VI Congresso della Societa’ Italiana di Psicopatologia”, Florence, Italy.
- 2001 “VII Congresso della Societa’ Italiana di Psicopatologia”, Rome, Italy.  
“7th World Congress of Biological Psychiatry”, Berlin, Germany.
- 2002 “III Congresso Virtual de Psiquiatria” [www.psiquiatria.com](http://www.psiquiatria.com)  
“XIX World Congress of Psychiatry”, Yokohama, Japan.
- 2003 “XIII congresso AIAMC” Pescara, Italy
- 2004 “XIV Congress of the Italian Society for Neuropsychopharmacology , Bologna, Italy.  
“XII National Congress of the Italian Society of Behavior Cognitive Therapy”, Verona, Italy
- 2005 “X Congresso della Societa’ Italiana di Psicopatologia” , Roma, Italia.  
“158<sup>th</sup> Annual Meeting of the American Psychiatric Association”, Atlanta, USA.  
“12<sup>th</sup> Annual Meeting of the ISARP”, Amburgo, Germania  
“3<sup>rd</sup> International Meeting on the Early Phases of Mental Illness” Santander, Spain.
- 2006 “XI Congresso della Societa’ Italiana di Psicopatologia” , Roma, Italia.  
“XLIV Congresso Nazionale della Societa’ Italiana di Psichiatria” ” (XLIV National Congress of the Italian Society of Psychiatry), Montesilvano (PE), Italy.
- 2007 “XX European College of Neuropsychopharmacology Congress”, Wien, Austria.
- 2008 “XII Congresso delle Società Italiana di Psicopatologia”, Roma , Italy  
“IV Biennial Congress of the International Society for Affective Disorders”, Capetown, South Africa.  
“XVII European Congress of Psychiatry”, Nice, France
- 2009 “2009 World Psychiatric Congress”, Firenze, Italia.  
“XIII Congresso della Societa’ Italiana di Psicopatologia” , Roma, Italy.
- 2010 “XVI Congresso della Societa’ Italiana di Psicopatologia” , Roma, Italy
- 2011 “XV Congresso della Societa’ Italiana di Psicopatologia” , Roma, Italy

- “XV World Congress of Psychiatry”, Buenos Aires, Argentina
- 2012 “XVI Congresso della Societa’ Italiana di Psicopatologia” , Roma, Italy  
“XXX Congresso della Società Italiana di Psichiatria, Milano, Italy
- 2013 “XVII Congresso della Societa’ Italiana di Psicopatologia” , Roma, Italy (*Chair symposium: Panic between myth and neuroscience*).  
“XI Congresso della Società Italiana di Psichiatria Biologica”, Napoli, Italy
- 2014 “XVIII Congresso della Societa’ Italiana di Psicopatologia” , Roma, Italy  
“XVIII World Congress of Psychiatry”, Madrid, Spain.
- 2015 “XVII National Congress of AIAMC (Italian Association of Behavior Analysis and Modification and Behavioral-Cognitive Therapy)”, Turin, Italy (*Chair symposium: New treatment for Mood Disorders*)
- 2016 “Anxiety and Depression Conference 2016”, Philadelphia, USA.  
“12th International Conference of Applied Behavior Analysis”, Milan, Italy. (*Co-Chair symposium: Changing behavior to prevent and rehabilitate medical diseases*).  
“10th European Congress of B-BS and Performance Management”, Milan, Italy. (*Chair Plenary Session*)  
“10th IEPA International Conference on Early Intervention in Mental Health” (*Co-Chair oral session: New Findings in Ultra High Risk Studies*)  
“55th Annual Congress of the American College of Neuropsychopharmacology, Hollywood, Florida, USA.
- 2017 “9th International Congress of the Associatin for Behavior Analysis International (ABAI), Paris, France (*Discussant symposium: How to disseminate applied behavior analysis to professionals (not psychologists) and how to design an educational path for psychologists with a behavior approach: the experience of the Italian Applied Behavior Analysis Chapter*)  
“56<sup>TH</sup> Annual Congress of the American College of Neuropsychopharmacology”, Palm Springs, USA.
- 2018 “Anxiety and Depression Conference 2016”, Washington, USA.

## LECTURES & PRESENTATIONS

- 1 "Symptomatological dimensions in panic disorder" for the *IX World Congress of Psychiatry. Rio de Janeiro, Brazil. June 11, 1993.*
- 2 "Pharmacological challenges and experimental models" for the *V European Certificate in Anxiety Disorders. Florence, Italy. June 23, 1993*
- 3 "Menstrual cycle and 35% CO2 challenge in panic disorder" for the *CINP Regional Workshop "Current therapeutical approach in panic and other anxiety disorders". Montecarlo. November 20, 1993.*
- 4 "Aspetti biologici del Disturbo da Attacchi di Panico: verifica psiconeuroendocrinologica della teoria noradrenergica" (Biological aspects of panic disorder : a psycho-neuro-endocrinological

- evaluation of the noradrenergic theory) for the *IV Convegno Nazionale Giovani Cultori delle Neuroscienze*. **Pisa, Italy**. December 18, 1993.
- 5 "Pharmacological challenges" for the *VI European Certificate in Anxiety Disorders*. **Paris, France**. July 14, 1994.
  - 6 "35% CO2 model in panic disorder: a genetic perspective". Department of Neuropsychiatric Sciences, Istituto Scientifico H. San Raffaele, **Milan, Italy**. December 1, 1994.
  - 7 "Attacchi di panico e asma" (asthma and panic attacks) for the *XV Congresso Nazionale della Societa' Italiana di Medicina Psicosomatica*. **Trieste, Italy**. May 13, 1995.
  - 8 "Reattivita' alla CO2 in coppie di gemelli" (CO2 reactivity in pairs of twins) for the *XV Congresso Nazionale della Societa' Italiana di Medicina Psicosomatica*. **Trieste, Italy**. May 13, 1995.
  - 9 "Il monitoraggio dei trattamenti farmacologici antipánico mediante il test di inalazione con CO2 al 35%" (Follow-up of anti-panic drug treatments with the 35% CO2 inhalation test) for the *VI Congresso della Societa' Italiana di Neuroscienze*. **Milan, Italy**. June 28, 1995
  - 10 "Carbon dioxide hypersensitivity and panic spectrum disorders" for the *8th European College of Neuropsychopharmacology Congress*. **Venice, Italy**. October 2, 1995
  - 11 "Disturbo di Panico : eziopatogenesi e neurobiologia" (Panic Disorder : etiopathogenesis and neurobiology) for the *Corso di Aggiornamento della Societa' Italiana di Psichiatria : Il Disturbo da Attacchi di Panico*. **Milan, Italy**. April 19, 1997 ; **Santa Margherita Ligure, Italy**. May 31, 1997 ; **Catania, Italy**. July 5, 1997 ; **Rome, Italy**. September 19, 1997
  - 12 "Elementi predittivi di risposta al trattamento a lungo termine nel disturbo di panico" (Predictors of response to the long term treatment in panic disorder) for the *XV Congresso Nazionale della Societa' Italiana di Psichiatria*. **Palermo, Italy**. October 19, 1997
  - 13 "Aspetti psicopatologici dei disturbi d'ansia" (Psychopathological aspects of anxiety disorders) for the *XV Congresso Nazionale della Societa' Italiana di Psichiatria*. **Palermo, Italy**. October 22, 1997
  - 14 "Genetic aspects of the panic respiration-connection" for the *International Workshop on the Panic Respiration Connection*. **Milan, Italy**. February 3, 1998
  - 15 "Basi biologiche della fobia sociale" (Biological basis of social phobia) for the *III Congresso della Societa' Italiana di Psicopatologia*. **Rome, Italy** February 26, 1998
  - 16 "The panic spectrum from premenstrual syndrome to depression" for the *I Maastricht Guest Table in Experimental Psychiatry*. **Maastricht, The Netherlands** May 14, 1998
  - 17 Lecture on "The 35% CO2 challenge and the pharmacology of panic disorder" for the *I Maastricht Guest Table in Experimental Psychiatry*. **Maastricht, The Netherlands** May 14, 1998
  - 18 "Spettro panico-fobico: evidenze sperimentali" (Panic-phobic spectrum : experimental evidences) for the *International Congress on Aggressiveness and Hopelessness in Suicidal Behavior*. **Abano Terme, Italy** June 4, 1998

- 19 “Predittori clinici e biologici di risposta al trattamento farmacologico del disturbo di panico” (Clinical and biological predictors of outcome to drug treatment in panic disorder) for the the *XI Congresso della Societa' Italiana di Neuropsicofarmacologia*. **Trieste, Italy**. June 12, 1998
- 20 “Disturbo di panico e respirazione : aspetti familiari e genetici” (Panic disorder and respiration : familial and genetic aspects) for the *VIII Congresso della Societa' Italiana di Psichiatria Biologica*. **Naples, Italy**. October 3, 1998
- 21 Lecture on “Psicopatologia dell’attacco di panico in riferimento alla terapia farmacologica” (Psychopathology of the panic attack in relation to pharmacological treatment) for the *IV Incontro della Scuola Toscana di Psichiatria : Nevrosi d’Ansia : Panico e Agorafobia*. **Viareggio, Italy** February 6, 1999
- 22 “Patofisiologia dell’attacco di panico in riferimento alla terapia farmacologica” (Pathophysiology of the panic attack in relation to pharmacological treatment) for the *IV Congresso della Societa' Italiana di Psicopatologia*. **Florence, Italy** March 4, 1999
- 23 Lecture on “Molecole antipanico e sistema respiratorio (Anti-panic compounds and respiratory system) for the *IV Congresso della Societa' Italiana di Psicopatologia*. **Florence, Italy** March 4, 1999
- 24 “Epidemiology of social phobia” for the *IV Congresso della Societa' Italiana di Psicopatologia*. **Florence, Italy** March 4, 1999
- 25 “Comorbidita’ nella fobia sociale” (Comorbidity in social phobia) for the *IV Congresso della Societa' Italiana di Psicopatologia*. **Florence, Italy** March 5, 1999
- 26 “Are there factors of vulnerability to the development of panic? some experimental data” for the *II Maastricht Guest Table in Experimental Psychiatry*. **Maastricht, The Netherlands** November 26, 1999
- 28 “Genetic of Panic: the contribution of challenges” for the *II Maastricht Guest Table in Experimental Psychiatry*. **Maastricht, The Netherlands** November 26, 1999
- 29 “Panico respiratorio: dalla teoria al trattamento” (Respiratory panic: from theory to treatment) for the *V Congresso della Societa' Italiana di Psicopatologia*. **Rome, Italy** February 24, 2000
- 30 “Fisiopatologia del disturbo di panico” (Physiopathology of panic disorder) for the *XVIII Congresso Nazionale della Societa' Italiana di Psichiatria*. 20 Ottobre 2000 ; **Turin, Italy**.
- 31 “La respirazione nei bambini a rischio per il disturbo di panico” (Respiration in children at risk for panic disorder) for the *VI Congresso della Societa' Italiana di Psicopatologia*. **Roma, Italy** 22 Febbraio 2001
- 32 “Uso degli antidepressivi: la realta’ clinica” (Clinical use of antidepressants) for the *VI Congresso della Societa' Italiana di Psicopatologia*. **Roma, Italy** 22 Febbraio 2001
- 33 “I disturbi d’ansia in medicina generale: problemi diagnostici e di trattamento farmacologico” (Anxiety disorders in general medicine: diagnostic problems and drug treatment) for the *Convegno Nazionale Quadri della FIMMG*. **Abano Terme, Italy** 7 Aprile 2001
- 34 “Genetics of Panic Disorder” for the *7<sup>th</sup> World Congress of Biological Psychiatry*. **Berlin, Germany**, 1 Luglio 2001

- 35 “Neurobiology of Posttraumatic Stress Disorder” for the *Tryptich Congress*. **Maastricht, The Netherlands**, 23 November 2001
- 36 Lecture on “Clinical Management of Panic Disorder” for the 19<sup>th</sup> *World Congress of Psychiatry*. **Yokohama, Japan** 25 August 2002
- 37 “Panic Disorder: a Bridge between Psychiatry and Pneumology”, Sapporo University, **Sapporo, Japan** 3 September 2002
- 38 “L’equilibrio tra corpo e psiche : il modello attacco di panico » (Balance between body and mind : the panic attack model), for the meeting *Dentro al Labirinto: dalla Postura al Movimento*. **Milan, Italy** 22 November 2002
- 39 “Patofisiologia del Disturbo da Attacchi di Panico: i meccanismi del condizionamento nel disturbo di panico” (Patophysiology of Panic Disorder: conditioning mechanisms in panic disorder), for the XIII congress AIAMC, **Pescara, Italy** 3 October 2003
- 40 “Interventi non farmacologici nelle complicanze del panico” (Not pharmacological treatments in panic disorder” for the *XIV Congresso della Societa' Italiana di Neuropsicofarmacologia*. **Bologna, Italy**. 2 June, 2004
- 41 “Disturbo di panico e depressione” (Panic Disorder and Depression) for the *XIV Congresso della Societa' Italiana di Neuropsicofarmacologia*. **Bologna, Italy**. 4 June, 2004
- 42 “Experimental panic research in Milan: Overview of facts and findings ” for the *V Maastricht Guest Table in Experimental Psychiatry*. **Maastricht, The Netherlands** 7 October, 2004
- 43 “Psicobiologia dei Disturbi d’Ansia” (Psychobiology of Anxiety Disorders) for the *Seminari Aquilani “Metodologia Clinica Integrata in Psichiatria*, State University of L’Aquila. **L’Aquila, Italy**. 22 October 2004
- 44 “Il modello del condizionamento nei disturbi d’ansia” (Fear conditioning model in anxiety disorders) for the *XII Congresso Nazionale della Società Italiana di Terapia Comportamentale e Cognitiva*. **Verona, Italy**. 24 October 2004
- 45 “Paura e Panico: Una Visione Integrata” (Panic and Fear: an intergrated view) for the *X Congresso Nazionale della Società Italiana di Psicopatologia*, **Roma, Italy**. March 2005
- 46 “Respiration and Panic: Looking at the future” (ZAN Invited Address) for the *XII Annual Meeting of the ISARP*, **Amburgo, Germany**. 16 September 2005
- 47 “Measuring Respiration in Panic Disorder” for the *XII Annual Meeting of the ISARP*, **Amburgo, Germany**. 16 September 2005
- 48 “Explicative Models in Panic Disorder: an Integrative Approach” for the *3<sup>rd</sup> International Meeting on Early Phases of Mental Illness*, **Santander, Spain**. 18 November 2005
- 49 “Panico come disfunzione del cervello omeostatico” (Panic as a malfunction of the homeostatic brain) for the *XI Congresso Nazionale della Società Italiana di Psicopatologia*, **Rome, Italy**. March 2006



- 50 “Il Modello del Cervello Omeostatico nei Disturbi d’Ansia” (The model of homeostatic brain in anxiety disorders) for the *XLIV Congresso Nazionale della Società Italiana di Psichiatria*. 17 October 2006; **Montesilvano (PE), Italy**.
- 51 “Il Condizionamento nei disturbi d’ansia” (Conditioning in anxiety disorders) for the XII Congresso Nazionale della Società Italiana di Psicopatologia, **Rome, Italy**, 20 February 2008
- 52 “Le funzioni vitali nel disturbo di panico: le emozioni primitive (Vital functions in panic disorder: primal emotions) for the XII Congresso Nazionale della Società Italiana di Psicopatologia, **Rome, Italy**, 21 February 2008
- 53 “Risposta cardiorespiratoria all’esercizio fisico nel disturbo di panico” (Cardiovascular response to physical exercise in panic disorder) for the XII Congresso Nazionale della Società Italiana di Psicopatologia, **Rome, Italy**, 20 February 2008
- 54 “Esercizio fisico aerobico come modulatore della salute mentale” (Aerobic physical exercise as modulator of mental health) for the XII Congresso Nazionale della Società Italiana di Psicopatologia, **Rome, Italy**, 20 February 2008
- 55 “La genetica del disturbo di panico” (Genetics of panic disorder) for the XII Congresso Nazionale della Società Italiana di Psicopatologia, **Rome, Italy**, 22 February 2008
- 56 “Are Genetic Polymorphisms involved in antidepressant treatment response?” for the ISAD 4<sup>th</sup> Biennial Conference, **Capetown, Sudafrica**, 15 March 2008
- 57 “Panic Attacks and the Homeostatic Alarm System” for the 17<sup>th</sup> European Congress of Psychiatry, **Nice, France**, 17 April 2008
- 58 “Panic Attacks and the Homeostatic Alarm System” for the 2009 WPA congress, **Florence, Italy** 1 April 2009
- 59 “Respiratory Treatment in Panic Disorder” for the XIV Congress of the Italian Society of Psychopathology, **Rome, Italy** 16 february 2010
- 60 “Panic in the Brainstem” for the Noon Lectures 2010, Department of Psychiatry and Neuropsychology, University of Maastricht, **Maastricht, The Netherlands** 3 May 2010
- 61 “Panic Disorder: is it really a mental disorder?” for the University of Miami Psychiatric Grand Rounds, University of Miami, **Miami (USA)** 16 June 2010
- 62 “Panic, the brainstem and physiologic homeostasis” for the XXII International Master in Affective Neuroscience, Universities of Maastricht & Florence, **Florence, Italy**, 5 July 2010
- 63 “Risk factors and precursors of panic disorder” for the XV Congress of the Italian Society of Psychopathology, **Rome, Italy**, 16 february 2011
- 64 “The panic-heart connection” for the XV World Congress of Psychiatry, **Buenos Aires, Argentina**, 20 September 2011
- 65 “Functional psychopathology in panic disorder” for the XVI Congress of the Italian Society of Psychopathology, **Rome, Italy**, 16 February 2012

- 66 “Psychopathological dimensions and non adherence to treatments in panic disorder” for the XVI Congress of the Italian Society of Psychopathology, **Rome, Italy**, 17 February 2012
- 67 “Does resistant panic really exist? for the XLVI Annual Congress of the Italian Society of Psychiatry, **Milan, Italy**, 8 October 2012
- 68 “From the irritable heart syndrome to panic disorder: does a cardiovascular risk exist?” for the XVII Congress of the Italian Society of Psychopathology, **Rome, Italy**, 14 February 2013
- 69 “Psycho-fitness. Wellbeing as Habit” for Leaders for the Future ,The European House – Ambrosetti, **Milan, Italy**, 24 May 2013
- 70 “Is there a link between childhood maltreatment and anxiety disorders?” for the XI Congress of the Italian Society of Biological Psychiatry, **Naples**, 20th September 2013
- 71 “Psychiatry and behaviourism allied for patients’ wellbeing” for the meeting 100 years of Behaviorism, **Parma, Italy**, 9th November 2013
- 72 “Personalized Psychiatry & Panic Disorder: from genetics to endophenotypes” for the XVIII World Congress of Psychiatry, **Madrid, Spain**, 16th September 2014.
- 73 “Efficacy of short-term psychiatric rehabilitation in inpatients with mood disorders: neuropsychological and psychosocial outcomes” for the XVIII World Congress of Psychiatry, **Madrid, Spain**, 16th September 2014.
74. “Management of treatment resistant anxiety disorders” for the course “Management of treatment resistant psychiatric disorders” of the Neuroscience School of Advanced Studies, **Cortona, Italy**, 7 October 2014
75. “Aging and emotions” for the XXVII International Master in Affective Neuroscience, Universities of Maastricht & Florence, **Florence**, 28 June 2015
76. “Back to William James: the key role of body in psychiatry” for the Euro Global Summit and Medicare Expo on Psychiatry, **Barcelona, Spagna**, 20 July 2015
77. “Personalized Medicine in Anxiety Disorders” for the Euro Global Summit and Medicare Expo on Psychiatry, **Barcelona, Spagna**, 20 July 2015
78. “Cognitive Behavioural Therapy: from definition to evidence of efficacy” for the XVII congresso AIAMC, **Torino, Italy** 25 September 2015
79. “Chronic dizziness in psychiatric patients” for the 3° Congress of the Italian Society of Vestibology, **Reggio Emilia, Italy**, 31 October 2015
80. “Management of treatment resistant anxiety disorders” for the course “Management of treatment resistant psychiatric disorders” of the Neuroscience School of Advanced Studies, **Firenze, Italia**, 17 March 2016
81. “Advances in Personalized Medicine in Anxiety Disorders” for the I’Anxiety and Depression Conference 2016, **Philadelphia, USA**, 2 April 2016
82. “Personalized medicine in psychiatry: not only genetics” for the 2017 National Congress of Sisters Hospitaliers, **Milan, Italy**, 27 October 2017
83. “CBT in Anxiety Disorders: Is it really evidence based?” for the 2017 AIAMC congress – Cognitive-Behavioral approach between science and pseudo science, **Rome, Italy**, 14 June 2017.
84. “How to build and maintain reputation” for the 2017 AIAMC congress – Cognitive-Behavioral approach between science and pseudo science, **Rome, Italy**, 15 June 2017.

85. "Management of Treatment Resistant Panic Disorder" for the l'Anxiety and Depression Conference 2016, **Washington, USA**, 6 April 2018

## Collaboration with Scientific Journals

1995- pres	Referee for the following peer-reviewed journals: <i>Biological Psychiatry; Archives of General Psychiatry; American Journal of Psychiatry; European Psychiatry; Psychiatry Research; Progress in Neuropsychopharmacology and Biological Psychiatry; Acta Psichiatrica Belgica; Brazilian Journal of Medical and Biological Sciences; Pharmacopsychiatry; Psychoneuroendocrinology; BMC Psychiatry; Schizophrenia Research; Nordic Journal of Psychiatry, Biological Psychology; BMC Medicine, Journal of Anxiety Disorders, BMC Medicine, Frontiers in Psychology.</i>
2010-pres	Editorial Board of <b>Rivista di Psichiatria</b> (Pacini publisher) Included in PubMed data base and in Journal of Citation Index
2011-2013	Editorial board member, <b>ISRN Psychiatry</b> , Hindawi Publishing Corporation.
2012-pres	Advisor board member, <b>F1000 Research</b> , Faculty of 1000.
2014-pres	International Editorial Board of <b>Revista Brasileira de Psiquiatria</b> (Brazilian Association of Psychiatry) Included in PubMed data base and in Journal of Citation Index.
2014-pres	Editorial Board of <b>International Scholarly Research Notice</b> , Hindawi Publishing Corporation.
2015-pres	Review Editor for Addictive Disorders, <b>Frontiers in Psychiatry</b> , Frontiers.
2016-pres	Co-Editor in Chief, <b>Personalized Medicine in Psychiatry</b> , Elsevier.

## OTHER ACTIVITIES

1998	Chairman of the scientific secretariat of the " <b>International Workshop on the Panic Respiration Connection</b> " held in Milan on days 2 and 3 February.
2000-pres	Included in the ""2001 Marquis Who's Who in the World".
2001	Editor and Author of the Educational CD-Rom " <b>Progetto Accademico Psichiatrico Interattivo</b> " (Interactive Psychiatric Academic Project) for Psychiatric Courses at the Faculty of Medicine and Surgery of the Vita-Salute University, San Raffaele Scientific Institute, Milan.
2001	Author of the CD-Rom " <b>SSRIs e Disturbi Psichiatrici</b> " (SSRIs and Psychiatric Disorders), Masson, 2001 .
2002-2003	Scientific Director of "Filo Diretto. Psichiatria in Medicina" (Direct Line : Psychiatry in Medicine), Multimedia Pharma, Milan

- 2005-2006     Editorialist of monthly journal “Yourself”
- 2004-pres     Member of the Faculty of 1000 medicine – Psychiatry section  
([www.facultyof1000.com](http://www.facultyof1000.com))
- 2002-pres     Director of the website [www.anxiety.it](http://www.anxiety.it)
- 2005-2007     Scientific Consultant, Pfizer USA
- 2005-pres     Director of the Psychology Book Section “Prismi”, St Pauls Editions.
- 2008-2009     Medical & Scientific Director, Artic Expedition OLTRE [www.oltre.mobi](http://www.oltre.mobi)
- 2008-2009     Medical & Scientific Director, Mental Fitness Institute, Milan.
- 2011-pres     Journalist, “Donna Moderna”, Mondadori Publisher, Italy
- 2012-pres     President of the Organizing Committee, Lifetime Achievement Award Benedetto Menni to Francesca Brambilla, XLVI Annula Congress of the Italian Society of Psychiatry, Milan, 9 October.
- 2013-pres     President of the “Reunión Interprovincial de Investigación” (World Research Council) of the Sisters Hospitalers.
- 2014-pres     Journalist, “StarBene”, Mondadori Publisher, Italy
- 2015           President of the Scientific Committee of the Meeting: “The Future of Mental Health. Feeding, Empowering, Treating” for EXPO 2015, Milan, 19-20 June.
- 2015           Member of the Organizing Committee of the “**Euro Global Summit and Medicare Expo on Psychiatry**”, Barcellona, Spain, 20-22 July.
- 2015           Member of the Scientific Committee of the **XVII National Congress of AIAMC**, Turin 24-26 September.
- 2016           Member of the Organizing Committee of the **XII International Conference on Applied Behavior Analysis**, Milan 24-25 June.
- 2018           Member of the Scientific Advisor Board, **Medibio**, Minnesota (USA)

## PUBLICATIONS

### INTERNATIONAL PEER REVIEWED JOURNALS WITH IMPACT FACTOR (JCR-2016)

- |      |  |
|------|--|
| 1991 | 1. Sciuto G, Diaferia G, Battaglia M, Perna G, Gabriele A, Bellodi L: DSM III-R Personality Disorders in Panic and Obsessive Compulsive Disorder: a comparison study. <b>Comprehensive Psychiatry</b> 29: 450-457, <u>1991</u> .   |
| 1992 | 2. Brambilla F, Bellodi L, Perna G, Battaglia M, Sciuto G, Diaferia G, Petraglia F, Panerai A, Sacerdote P: Psychoimmunoendocrine aspects in Panic Disorder. <b>Neuropsychobiology</b> 26: 12-22, <u>1992</u> .<br>3. Brambilla F, Gessa GL, Sciascia A, Latina A, Maggioni M, Perna G, Bandiolotti GP, Picotti G: Treatment of drug resistant chronic schizophrenics with an association of neuroleptics and calcium antagonist nimodipine. <b>European Psychiatry</b> 7: 177-182, <u>1992</u> .  |
| 1993 | 4. Diaferia G, Sciuto G, Perna G, Bernardeschi L, Battaglia M, Rusmini S, Bellodi L: DSM III and DSM III-R Personality Disorders in Panic Disorder. <b>Journal of Anxiety Disorders</b> 7: 153-161, <u>1993</u> .<br>5. Brambilla F, Bellodi L, Perna G, Garberi A, Panerai A, Sacerdote P: Lymphocyte Cholecystokinin concentrations in Panic Disorder. <b>American Journal of Psychiatry</b> 150: 1111-1113, <u>1993</u> .<br>6. Locatelli M, Bellodi L, Perna G, Scarone S: EEG power modifications in Panic Disorder during temporo-limbic activation task: relationships with temporal lobe symptomatology. <b>The Journal of Neuropsychiatry and Clinical Neurosciences</b> 5: 409-414, <u>1993</u> .  |
| 1994 | 7. Perna G, Arancio C, Bertani A, Gabriele A, Bellodi L: Personality dimensions and 35% CO <sub>2</sub> reactivity in panic patients and healthy controls. <b>European Psychiatry</b> , 9: 236-240, <u>1994</u> .<br>8. Gerra G, Caccavari R, Delsignore R, Passeri M, Fertoni GA, Marcato A, Maestri D, Avanzini P, Perna G, Brambilla F: Alpha-2-Adrenoceptors sensitivity in heroin addicts with and without previous attention deficit disorder/hyperactivity and conduct disorder. <b>Neuropsychobiology</b> 30: 15-19, <u>1994</u> .<br>9. Perna G, Battaglia M, Garberi A, Arancio C, Bertani A, Bellodi L: 35% CO <sub>2</sub> -65% O <sub>2</sub> inhalation test in panic patients. <b>Psychiatry Research</b> 52: 159-171, <u>1994</u> .<br>10. Perna G, Marconi C, Battaglia M, Bertani A, Panzacchi A, Bellodi L: Subclinical obstructions of lung airways in patients with Panic Disorder. <b>Biological Psychiatry</b> , 36: 601-605, <u>1994</u> . |

11. Perna G, Cocchi S, Bertani A, Arancio C, Bellodi L: Pharmacologic effect of toloxatone on reactivity to 35% CO<sub>2</sub> challenge: a single blind, random, placebo controlled study. **Journal of Clinical Psychopharmacology**, 14: 414-418, 1994.
12. Brambilla F, Bellodi L, Perna G, Bertani A, Panerai A, Sacerdote P: Plasma Interleukin 1- $\beta$  concentrations in Panic Disorder. **Psychiatry Research**, 54: 135-142, 1994.
- 1995 13. Perna G, Barbini B, Cocchi S, Bertani A, Gasperini M: 35% CO<sub>2</sub> challenge in mood disorders. **Journal of Affective Disorders**, 33: 189-194, 1995.
14. Brambilla F, Perna G, Garberi A, Nobile P, Bellodi L:  $\alpha$ 2-Adrenergic Receptor Sensitivity in Panic Disorder: I. GH response to GH-RH and Clonidine stimulation in Panic Disorder. **Psychoneuroendocrinology**, 20: 1-9, 1995.
15. Brambilla F, Bellodi L, Arancio C, Nobile P, Perna G:  $\alpha$ 2-Adrenergic Receptor Sensitivity in Panic Disorder: II Cortisol response to Clonidine stimulation in Panic Disorder. **Psychoneuroendocrinology**, 20: 11-19, 1995.
16. Perna G, Bertani A, Arancio C, Ronchi P, Bellodi L: Laboratory dissection of Obsessive Compulsive and Panic Disorders: data from the 35% CO<sub>2</sub> challenge. **American Journal of Psychiatry**, 152:85-89, 1995.
17. Perna G, Brambilla F, Arancio C, Bellodi L: Menstrual cycle-related sensitivity to 35% CO<sub>2</sub> challenge in panic disorder. **Biological Psychiatry**, 37: 528-532, 1995.
18. Perna G, Cocchi S, Bertani A, Arancio C, Bellodi L: 35% CO<sub>2</sub> challenge in healthy first degree relatives of patients with panic disorder. **American Journal of Psychiatry**, 152: 623-625, 1995.
19. Battaglia M, Perna G: The 35% CO<sub>2</sub> challenge test in panic disorder: optimization by Receiver Operating Characteristics (ROC) analysis. **Journal of Psychiatric Research**, 29: 111-119, 1995.
20. Battaglia M, Bertella S, Politi E, Bernardeschi L, Perna G, Gabriele A, Bellodi L: Age of onset of panic disorder: the influences of familial liability to the disease and of childhood separation anxiety disorder. **American Journal of Psychiatry**, 152: 1362-1364, 1995.
21. Perna G, Gabriele A, Caldirola D, Bellodi L: Hypersensitivity to inhalation of carbon dioxide and panic attacks. **Psychiatry Research**, 57: 267-273, 1995.
22. Locatelli M, Bellodi L, Perna G, Scarone S: Temporal lobe EEG responses to olfactory stimulation in panic patients: a replication study. **The Journal of Neuropsychiatry and Clinical Neurosciences**, 7: 272, 1995.
23. Brambilla F, Brunetta M, Peirone A, Manzotti M, Perna G, Sacerdote P, Manfredi D, Panerai A: Lymphocyte CCK-8 and  $\beta$ -endorphine in eating disorders: I. Anorexia nervosa. **Psychiatry Research**, 59: 43-50, 1995.

24. Brambilla F, Brunetta M, Draisci A, Peirone A, Perna G, Sacerdote P, Panerai A: Lymphocyte CCK-8 and  $\beta$ -endorphine in eating disorders: II. Bulimia nervosa. **Psychiatry Research**, 37: 51-56, 1995.
- 1996 25. Perna G, Bertani A, Caldirola D, Bellodi L: Family history of panic disorder and hypersensitivity to CO<sub>2</sub> in panic disorder. **American Journal of Psychiatry**, 153: 1060-1064, 1996.
- 1997 26. Bertani A, Perna G, Caldirola D, Arancio C, Bellodi L: Pharmacologic effect of paroxetine, sertraline and imipramine on reactivity to the 35% CO<sub>2</sub> challenge: a double blind, random, placebo controlled study. **Journal of Clinical Psychopharmacology**, 17: 97-101, 1997
27. Perna G, Arancio C, Caldirola D, Bellodi L: Panic attacks: a twin study. **Psychiatry Research**, 66: 69-71, 1997
28. Brambilla F, Perna G, Bellodi L, Arancio C, Bertani A, Perini G, Carraro C, Gava F: Noradrenergic adrenoceptor sensitivity in obsessive-compulsive disorders- I: Growth hormone response to clonidine stimulation. **Psychiatry Research**, 69: 163-168, 1997
29. Perna G, Bertani A, Gabriele A, Politi E, Bellodi L: Modification of 35% CO<sub>2</sub> hypersensitivity across one week of treatment with clomipramine and fluvoxamine: a double blind, randomized, placebo controlled study. **Journal of Clinical Psychopharmacology**, 17: 173-178, 1997
30. Caldirola D, Perna G, Arancio C, Bertani A, Bellodi L: The 35% challenge test in social phobics. **Psychiatry Research**, 71: 41-48, 1997
31. Bertani A, Perna G, Politi E, Bellodi L: Citalopram and panic disorder. **Depression & Anxiety**, 4 : 253, 1996/1997
32. Perna G, Cocchi S, Politi E, Bellodi L: CO<sub>2</sub> challenge in non clinical subjects. **American Journal of Psychiatry**, 154: 886-887, 1997
33. Brambilla F, Bellodi L, Perna G, Arancio C, Bertani A, Perini G, Carraro C, Gava F: Noradrenergic adrenoceptor sensitivity in obsessive-compulsive disorders- II: Cortisol response to clonidine stimulation. **Psychiatry Research**, 69: 163-168, 1997
34. Perna G, Bertani A, Politi E, Colombo G, Bellodi L: Asthma and panic attacks. **Biological Psychiatry**, 42 : 625-630, 1997.
35. Brambilla F, Perna G, Bellodi L, Arancio C, Bertani A, Panerai A, Sacerdote P: Plasma Interleukin 1- $\beta$  and Tumor Necrosis Factor concentrations in Obsessive Compulsive Disorder. **Biological Psychiatry**, 42 : 976-981, 1997.
36. Brambilla F, Bellodi L, Perna G, Arancio C, Bertani A: Dopamine function in obsessive compulsive disorder: growth hormone response to apomorphine stimulation (A psychoneuroendocrine approach). **Biological Psychiatry**, 42 :889-897, 1997
- 1998 37. Bellodi L, Perna G, Caldirola D, Arancio C, Bertani A, Di Bella D: Carbon dioxide-induced panic attacks : a twin study. **American Journal of Psychiatry** , 155 : 1184-1188, 1998

38. Brambilla F, Bellodi L, Brunetta M, Perna G : Plasma concentrations of interleukin-1 $\beta$ , Interleukin-6 and tumor necrosis factor in anorexia and bulimia nervosa. **Psychoneuroendocrinology**, 23 : 439-447, 1998
39. Brambilla F, Bellodi L, Perna G, Arancio C, Bertani A : Gh-Rh response to Gh-Rh stimulation in patients with obsessive compulsive disorder. **Psychiatry Research**, 81 : 293-9, 1998
- 1999 40. Perna G, Cocchi S, Allevi L, Bussi R, Bellodi L: A long-term prospective evaluation of first-degree relatives of panic patients who underwent the 35% CO<sub>2</sub> challenge. **Biological Psychiatry**, 45 : 365-367, 1999 (IF: 2.352)
41. Perna G, Bussi R, Allevi L, Bellodi L : 35% Co<sub>2</sub> sensitivity in patients with generalized anxiety disorder. **Journal of Clinical Psychiatry**, 60 : 379-384, 1999
42. Cavallini MC, Perna G, Caldirola D, DiBella D, Bellodi L : A segregation study for panic disorder families in which probands are responsive to 35% CO<sub>2</sub> challenge test. **Biological Psychiatry**, 46 : 815-820, 1999
43. Brambilla F, Bellodi L, Perna G: Plasma levels of tumor necrosis factor- $\alpha$  in patients with panic disorder : effect of alprazolam therapy Dopamine function in obsessive compulsive disorder : cortisol response to acute apomorphine stimulation. **Psychiatry Research**, 13 : 89:21-7, 1999
- 2000 44. Brambilla F, Perna G, Bussi R, Bellodi L : Dopamine function in obsessive compulsive disorder : cortisol response to acute apomorphine stimulation. **Psychoneuroendocrinology**, 25:301-10, 2000
- 2001 45. Bertani A, Caldirola D, Bussi R, Bellodi L, Perna G : 35% CO<sub>2</sub> hyperreactivity and clinical symptomatology in patients with panic disorder after one week treatment with citalopram: an open study. **Journal of Clinical Psychopharmacology** 21:262-7, 2001.
46. Perna G, Bertani A, Caldirola D, Smeraldi E, Bellodi L: A comparison of citalopram and paroxetine in the treatment of panic disorder: a randomized , single-blind study. **Pharmacopsychiatry**, 34: 85-90, 2001
47. Perna G, Alpini D, Caldirola D, Barozzi S, Cesarani A, Bellodi L: Panic Disorder: the role of the balance system. **Journal of Psychiatric Research**, 35: 279-286, 2001
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## POSTER PRESENTATIONS

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