



CURRICULUM VITAE

PERSONAL INFORMATION	Daniela Tempesta Department of Biotechnological and Applied Clinical Sciences Via Vetoio, Coppito 2, Coppito L'Aquila, 67100, Italy daniela.tempesta@univaq.it
CURRENT POSITION	Associate professor
EDUCATION	<p>1995-2000: Classical Lycée "D. Cotugno", (L'Aquila), Italy.</p> <p>2000-2005: attended the Faculty of Psychology at the University of L'Aquila.</p> <p>December 2003: Triennial Degree (110/110 with honours) in Psychological Sciences discussing a thesis titled: "Neurophysiology of emotions".</p> <p>December 2005: Specialistic Degree (110/110 with honours) in Clinical Psychology discussing a thesis titled: "Sleep and memory: the role of sleep in the consolidation of route learning in a real-life environment".</p> <p>2005-2006: Training in the Sleep Psychophysiology Laboratory, Department of Psychology, University of Rome "La Sapienza".</p> <p>2006: Postgraduate student in Clinical Psychology at the School of Medicine, University of L'Aquila.</p> <p>2007: Italian state exam to obtain the professional qualification to practice as a psychologist.</p> <p>2007-2010: attended the Ph.D. program in "Biochemistry and Neurosciences" at the University of L'Aquila, studying the effects of sleep deprivation on executive functions.</p> <p>2008: Selected to participate to the ESRS-EU "Marie Curie" Project.</p> <p>2008: attended the Training Course in Sleep Research and Sleep Medicine at the Residential Center, University of Bologna, Bertinoro (Italy).</p> <p>2010: obtains a certificate of Sleep Research Training Education Program from the European Sleep Research Society (ESRS).</p> <p>2011: obtains the Ph.D. in "Biochemistry and Neurosciences" at the</p>



	<p>University of L'Aquila.</p> <p>2012: obtains the Postgraduate Specialization in Clinical Psychology (50/50 with honours) at the School of Medicine, University of L'Aquila.</p> <p>2011-2015: attended the school of qualification in Cognitive and Behavioral Therapy (CBT) at the third Center of Cognitive Psychotherapy, Rome.</p>
TEACHING EXPERIENCE	<p>2008-2012 - cooperated in teaching activities with the chair of Psychology of Emotions (Prof. Giuseppe Curcio), Degree in Applied Psychological Sciences, Faculty of Psychology, University of L'Aquila.</p> <p>2008-2013 - cooperated in teaching activities with the chair of the Psychology of Cognitive Processes (Prof. Giuseppe Curcio) Degree in Applied Psychological Sciences, Faculty of Psychology, University of L'Aquila.</p> <p>2008-2014: cooperated in teaching activities with the chair of Physiological Psychology and Psychophysiology of Sleep of Prof. Michele Ferrara at the University of L'Aquila.</p> <p>2010 – obtained a contract for A.A. 2010/11 to carry out tutoring activities for the Faculty of Psychology, University of L'Aquila.</p> <p>2010- 2011: teacher of the Laboratory of Psychology of Cognitive Processes at the University of L'Aquila.</p> <p>2014: attains the National Scientific Qualification as Associate Professor in the disciplinary area 11/E1 (General Psychology, Psychobiology and Psychometrics).</p> <p>2014-present: teacher of "Psychology of personality and individual differences" at the University of L'Aquila.</p> <p>2016-present: teacher of "Clinical Psychophysiology" at the University of L'Aquila.</p> <p>2020-present: teacher of "General Psychology" at the University of L'Aquila.</p>



RESEARCH ACTIVITIES	<p>2005-2007: attended the Sleep Psychophysiology Laboratory, Department of Psychology, University of Rome "La Sapienza".</p> <p>2009: attended Practice Course in Sleep Research and Sleep Medicine at Unit for human and animal sleep research, Institute of Pharmacology and Toxicology, University of Zurich, Switzerland.</p> <p>2007-2014: coordinator of research and teaching activities held at the Sleep Psychophysiology and Cognitive Neuroscience Laboratory, directed by Prof. Michele Ferrara.</p> <p>2008-2014: collaborates to research activities with the Department of Psychology, University of Rome "La Sapienza" in the field of "Psychophysiology and Sleep Functions".</p> <p>2011-2013: Assistant Researcher at the Department of Health Sciences, University of L'Aquila, within a research program funded to Prof. Michele Ferrara.</p> <p>2012 - present: member of the Laboratory of Sleep Psychophysiology and Cognitive Neuroscience, University of L'Aquila.</p> <p>2013 - Selected by the Department of Life, Health and Environmental Sciences, University of L'Aquila, for a 3 months research contract for "Support to the collection, tabulation and analysis of data in a survey of behavioral and functional neuroimaging (fMRI) with the task of processing of emotions".</p> <p>2013 - obtains a research contract by the Research and Therapy Institute (I.R.C.C.S.) San Raffaele of Sulmona (from 14/02/2013 to 31/12/2013) within a MERIT research program.</p> <p>2014-2015: Assistant Researcher at the Department of Life, Health and Environmental Sciences, University of L'Aquila, within a research program funded to Prof. Michele Ferrara.</p> <p>2016/2019: University Researcher (Art. 24 C.3-B L. 240/10).</p> <p>2020-present: member of the Faculty Board of the Research Doctorate in Experimental Medicine, Department of Applied Biotechnology and Biotechnology, University of L'Aquila.</p>
RESPONSIBILITY IN ACADEMIC ACTIVITIES	<p>2018/2021- Member of the Scientific Council of the University of L'Aquila Library System.</p>



<p>EDITORIAL BOARD, EDITORIAL ACTIVITIES, SOCIETY MEMBERSHIP</p>	<p>Member of several national and international companies such as: European Sleep Research Society (ESRS); Italian Association of Sleep Medicine (AIMS); Italian Association of Psychology (AIP).</p> <p>Member of Editorial Board of the International Journal of Environmental Research and Public Health (IJERPH)</p> <p>Reviewer activity for the following international scientific journals: Frontiers in Behavioral Neuroscience; Frontiers in Psychology; Frontiers in Psychiatry; Frontiers in Neuroscience; PLoS ONE; Journal of Psychiatric Research.</p> <p>2019-present: Member of the Editorial Committee of the Italian Association of Sleep Medicine (AIMS);</p>
<p>SCIENTIFIC ACHIEVEMENTS BIBLIOMETRIC INDICATORS</p>	<p>Scopus Author ID: 24399777000 http://orcid.org/0000-0002-6942-5336</p> <p>H-index Scopus: 20 (23/02/2021); Total citations Scopus: 1276 (23/02/2021)</p>
<p>SELECTED PUBLICATIONS</p>	<p>Papers in peer-reviewed international journals (A)</p> <p>A1) Ferrara M., Iaria G., De Gennaro L., Guariglia C., Curcio G., Tempesta D., Bertini M. (2006) The role of sleep in the consolidation of route learning in humans: A behavioural study. <i>Brain Research Bulletin</i>, 71: 4-9.</p> <p>A2) Stratta P., Riccardi I., Daneluzzo E., Tempesta D., Struglia F., Tomassini A., Rossi A. (2007) Does premorbid IQ have a pathoplastic effect on symptom presentation in schizophrenic and bipolar disorders? <i>L'Encéphale</i>, 33: 733-737.</p> <p>A3) Ferrara M., Iaria G., Tempesta D., Curcio G., Moroni F., Marzano C., De Gennaro L., Pacitti C. (2008) Sleep to find your way: the role of sleep in the consolidation of memory for navigation in humans. <i>Hippocampus</i>, 18: 844-51.</p> <p>A4) De Gennaro L., Fratello F., Marzano C., Moroni F., Curcio G., Tempesta D., Pellicciari MC, Pirulli C., Ferrara M., Rossini PM. (2008) Cortical plasticity induced by transcranial magnetic stimulation during wakefulness affects electroencephalogram activity during sleep. <i>PLoS ONE</i>, 3: 1-12.</p> <p>A5) Moroni F., Nobili L., Curcio G., De Carli F., Tempesta D., Marzano C., De Gennaro L., Mai R., Francione S., Lo Russo G., Ferrara M. (2008) Procedural learning and sleep hippocampal low frequencies in humans. <i>Neuroimage</i>, 15: 911-8.</p> <p>A6) Tomassini A., Struglia F., Stratta P., Riccardi I., Tempesta D., Pacifico R., Rossi A. (2008) The affective temperaments and residual symptoms in patients with mood and anxiety disorders. <i>International Journal of Psychiatry in Clinical Practice</i>, 1: 1-5.</p> <p>A7) Curcio G., Ferrara M., Limongi T., Tempesta D., Di Sante G., De Gennaro L., Quaresima V., Ferrari M. (2009) Acute mobile phones exposure affects prefrontal cortex oxygenation as evidenced by functional near-infrared spectroscopy. <i>Journal of Cerebral Blood Flow Metabolism</i>, 29:903-10.</p>



- A8)** Couyoumdjian A., Sdoia S., **Tempesta D.**, Curcio G., Rastellini E., De Gennaro L., Ferrara M. (2010) The effects of sleep and sleep deprivation on task-switching performance. *Journal of Sleep Research*, 19: 64-70.
- A9)** **Tempesta D.**, Couyoumdjian A., Curcio G., Moroni F., Marzano C., De Gennaro L., Ferrara M. (2010) Lack of sleep affects the evaluation of emotional stimuli. *Brain Research Bulletin*, 82:104-8.
- A10)** Marzano C., De Simoni E., **Tempesta D.**, Ferrara M., De Gennaro L. (2011) Sleep deprivation suppresses the increase of rapid eye movement density across sleep cycles. *Journal of Sleep Research*, 20: 386-94.
- A11)** Marzano C., Ferrara M., Mauro F., Moroni F., **Tempesta D.**, Cipolli C., De Gennaro L. (2011) Recalling and forgetting dreams: theta and alpha oscillations during sleep predict subsequent dream recall. *Journal of Neuroscience*, 31: 6674-6683.
- A12)** **Tempesta D.**, Mazza M., Iaria G., De Gennaro L., Ferrara M. (2012) A Specific Deficit in Spatial Memory Acquisition in Post-Traumatic Stress Disorder and the Role of Sleep in its Consolidation. *Hippocampus*, 22: 1154-63.
- A13)** **Tempesta D.**, Couyoumdjian A., Moroni F., Marzano C., De Gennaro L., Ferrara M. (2012) The impact of one night of sleep deprivation on moral judgments. *Social Neuroscience*, 7: 292-300.
- A14)** Curcio G., **Tempesta D.**, Scarlata S., Marzano C., Moroni F., Rossini PM., Ferrara M., De Gennaro L. (2012) Validity of the Italian Version of the Pittsburgh Sleep Quality Index (PSQI). *Neurological Sciences*, 34: 511-9.
- A15)** **Tempesta D.**, Curcio G., De Gennaro L., Ferrara M. (2013) Long-term impact of earthquakes on sleep quality. *PLoS ONE*, 8(2): e55936.
- A16)** Mazza M., **Tempesta D.**, Pino M.C., Catalucci A., Gallucci M., Ferrara M. (2013) Regional cerebral changes and functional connectivity during the observation of negative emotional stimuli in subjects with post-traumatic stress disorder. *European Archives of Psychiatry and Clinical Neuroscience*, 263: 575-83.
- A17)** **Tempesta D.**, Mazza M., Serroni N., Moschetta F.S., Di Giannantonio M., Ferrara M., De Berardis D. (2013) Neuropsychological functioning in young subjects with generalised anxiety disorder with and without pharmacotherapy. *Progress in Neuro-Psychopharmacology & Biological Psychiatry*, 45: 236-241.
- A18)** **Tempesta D.**, Cipolli C., Desideri G., De Gennaro L., Ferrara M. (2013) Can taking a nap during a night-shift counteract the impairment of executive skills in residents? *Medical Education*, 47: 1013-1021.
- A19)** Stratta P., **Tempesta D.**, Bonanni RL, de Cataldo S, Rossi A. (2014) Emotional Reactivity in Bipolar Depressed Patients. *Journal of Clinical Psychology*, 70: 860-5.
- A20)** Moroni F., Nobili L., Iaria G., Sartori I., Marzano C., **Tempesta D.**, Proserpio P., Russo G.L., Gozzo F., Cipolli C., De Gennaro L., Ferrara M. (2014) Hippocampal slow EEG frequencies during NREM sleep are involved in spatial memory consolidation in humans. *Hippocampus*, 4: 1157-68.
- A21)** **Tempesta D.**, De Gennaro L., Presaghi F., Ferrara M. (2014) Emotional working memory during sustained wakefulness. *Journal of Sleep Research*, 23: 646-56.
- A22)** Mazza M., Pino M.C., Mariano M., **Tempesta D.**, Ferrara M., De Berardis D, Masedu F. Valenti M. (2014) Affective and cognitive empathy in adolescents with autism spectrum disorder. *Frontiers in Human Neuroscience*, 8: 1-6.
- A23)** Mazza M., **Tempesta D.**, Pino M.C., Nigri A., Catalucci A., Guadagni V.,



Gallucci M., Iaria G., Ferrara M. (2015) Neural activity related to cognitive and emotional empathy in post-traumatic stress disorder. *Behavioural Brain Research*, 282: 37-45.

A24) Ferrara M., Bottasso A., **Tempesta D.**, Carrieri M., De Gennaro L., Ponti G. (2015) Gender Differences in Sleep Deprivation Effects on Risk and Inequality Aversion: Evidence from an Economic Experiment. *PLoS ONE*, 10: e0120029.

A25) **Tempesta D.**, De Gennaro L., Natale V., Ferrara M. (2015) Emotional memory processing is influenced by sleep quality. *Sleep Medicine*, 16: 862-70.

A26) Berardis D., Marini S., Serroni N., Iasevoli F., Tomasetti C., Bartolomeis A., Mazza M., **Tempesta D.**, Valchera A., Fornaro M., Pompili M., Sepede G., Vellante F., Orsolini L., Martinotti G., Giannantonio M.D. (2015) Targeting The Noradrenergic System In Posttraumatic Stress Disorder: A Systematic Review And Meta-Analysis Of Prazosin Trials. *Curr Drug Targets*, 16:1094-106.

A27) **Tempesta D.**, De Gennaro L., Natale V., Ferrara M. (2015) Poor sleep quality influences emotional evaluations even after controlling for depression. *Sleep Medicine*, doi: 10.1016/j.sleep.2015.07.035.

A28) Ferrara M., **Tempesta D.**, De Gennaro L. (2015) Do exoskeletons dream of plastic sleep? *Physics of Life Reviews*, 16:178-80.

A29) Pino M.C., **Tempesta D.**, Catalucci A., Anselmi M., Nigri A., Iaria G., Ferrara M., Mazza M. (2016) Altered Cortico-Limbic Functional Connectivity During an Empathy Task in Subjects with Post-Traumatic Stress Disorder. *J Psychopathol Behav Assess*, doi: 10.1007/s10862-016-9538-x.

A30) Gorgoni M., Lauri G., Truglia I., Cordone S., Sarasso S., Scarpelli S., Mangiaruga A., D'Atri A., **Tempesta D.**, Ferrara M., Marra C., Rossini P.M., De Gennaro L. (2016) Parietal Fast Sleep Spindle Density Decrease In Alzheimer's Disease And Amnesic Mild Cognitive Impairment. *Neural Plasticity*, doi: 10.1155/2016/8376108.

A31) Grassi D., Socci V., **Tempesta D.**, Ferri C., De Gennaro L., Desideri G., Ferrara M. (2016) Flavanol-rich chocolate acutely improves arterial function and working memory performance counteracting the effects of sleep deprivation in healthy subjects. *Journal of Hypertension*, 34 (7): 1298-1308.

A32) **Tempesta D.**, Socci V., Coppo M., Dello Iorio G., Nepa V., De Gennaro L., Ferrara M. (2016) The effect of sleep deprivation on the encoding of contextual and non-contextual aspects of emotional memory. *Neurobiology of Learning and Memory*, 131: 9-17.

A32) Raysi D.S., Ricci A., Hembra D.V., Danilo P., Sabino L., Paola P., Cinque B., **Tempesta D.**, Coletti G., Cipolloni G., Cifone M.G., Galzio R. (2017) Stemness Markers Detection in The Periphery of Glioblastomas And Glioblastoma Ability To Generate Glioma Stem Cells: Clinical Correlations. *World Neurosurgery*. doi: 10.1016/j.wneu.2017.05.099.

A34) Socci V., **Tempesta D.**, Desideri G., De Gennaro L., Ferrara M. (2017) Enhancing Human Cognition with Cocoa Flavonoids. *Frontiers in Nutrition*. 16: 4-19.

A35) **Tempesta D.**, Socci V., Dello Iorio G., De Gennaro L., Ferrara M. (2017) The effect of sleep deprivation on retrieval of emotional memory: A behavioral study using film stimuli. *Experimental Brain Research*, 235(10), 3059-67. Doi: 10.1007/s00221-017-5043-z

A36) **Tempesta D.**, Socci V., De Gennaro L., Ferrara M. (2018) Sleep and emotional processing. *Sleep Medicine*



Reviews, 40: 183-195. pii: S1087-0792(17)30153-3.

A37) Peretti S., **Tempesta D.**, Socci V., Pino M.C., Mazza M., Valenti M., De Gennaro L., Di Dio C., Marchetti A., Ferrara M. (2018) The role of sleep in aesthetic perception and empathy: a mediation analysis. *Journal of Sleep Research*, Doi: 10.1111/jsr.12664.

A38) Lauriola M., Carleton R. N., **Tempesta D.**, Calanna P., Socci V., Mosca O., De Gennaro L., Ferrara M. (2018) A correlational analysis of the relationship among intolerance of uncertainty, anxiety sensitivity, subjective sleep quality and insomnia symptoms. *Int J Environ Res Public Health*. 2019 Sep 5;16(18):3253. doi: 10.3390/ijerph16183253.

A39) Salfi F., **Tempesta D.** De Gennaro L. Ferrara M. (2019) Cued memory reactivation during motor imagery practice influences early improvement of procedural skill learning. *Neuroscience*. 15;418:244-253. doi: 10.1016/j.neuroscience.2019.08.047.

A 40) **Tempesta D.**, Salfi F, De Gennaro L, Ferrara M. (2020) The impact of five nights of sleep restriction on emotional reactivity. *J Sleep Res*. e13022. doi: 10.1111/jsr.13022.

A 41) Salfi F, D'Atri A, **Tempesta D.**, De Gennaro L, Ferrara M. (2020) Boosting Slow Oscillations during Sleep to Improve Memory Function in Elderly People: A Review of the Literature. *Brain Sci*. 10(5):300. doi: 10.3390/brainsci10050300.

A 42) Salfi F, Lauriola M, **Tempesta D.**, Calanna P, Socci V, De Gennaro L, Ferrara M. (2020) Effects of Total and Partial Sleep Deprivation on Reflection Impulsivity and Risk-Taking in Deliberative Decision-Making. *Nat Sci Sleep*. 12:309-324. doi: 10.2147/NSS.S250586.

Papers in Italian Journals (B)

B1) Cerroni G., **Tempesta D.**, Riccardi I., Stratta P., Struglia F., Rossi A. (2007). Facial emotion recognition in schizophrenia and depression. *Epidemiologia e Psichiatria Sociale*, 16: 179-182.

B2) Riccardi I., Stratta P., Mirabilio D., Di Tommaso S., **Tempesta D.**, Rossi A. (2007). La comprensione dell'ironia in persone affette da disturbo schizofrenico. *Rivista di Psichiatria e Scienze Affini*, 42: 25-33.

B3) Tomassini A., Struglia F., Stratta P., Riccardi I., **Tempesta D.**, Rossi A. (2007). I temperamenti affettivi in pazienti affetti da disturbi d'ansia e dell'umore. *Italian Journal of Psychopathology*, 13: 46-51.

B4) **Tempesta D.**, Riccardi I., Stratta P., Marrelli A., Aloisi P., Cerroni G., Rossi A. (2008) il riconoscimento delle espressioni facciali: uno studio pilota con potenziali evocati in soggetti schizofrenici e ansiosi. *Rivista di Psichiatria*, 43: 31-35.

B5) Daneluzzo E., Di Tommaso S., **Tempesta D.**, Cerroni G., Stratta P., Rossi A. (2008). The Community Assessment Psychic Experience (CAPE): evaluation study of the Italian version. *Epidemiologia e Psichiatria Sociale*, 17: 242-247.

B6) Ferrara M., **Tempesta D.** (2011). Sonno e salute: l'importanza di dormire bene. *Food Life Style Health*, 3: 11-12.

B7) Ferrara M., **Tempesta D.** (2012) Sonno e disturbo post-traumatico da stress. Uno studio sulle conseguenze dell'esperienza del terremoto a L'Aquila. In: F. Bottaccioli (a cura di), *Stress e Vita. Tecniche Nuove*, Milano, pp. 229-238.

B8) **Tempesta D.**, Stratta P., Marrelli A., Aloisi P., Arnone B., Gasbarri A., Rossi A.



	<p>(2014). Riconoscimento delle espressioni facciali: uno studio con potenziali evento-correlati. <i>Rivista di Psichiatria</i>, 49: 183-186.</p> <p>B9) Mazza M., Pino M.C., Tempesta D., Catalucci A., Masciocchi C., Ferrara M. (2016) Attività neurale correlata alle difficoltà emozionali ed empatiche in soggetti con disturbo post-traumatico da stress sopravvissuti al terremoto dell'Aquila del 2009. <i>Epidemiol Prev</i>, 40:42-4.</p> <p>B10) Ferrara M. Mazza M., Curcio G., Iaria G., De Gennaro L., Tempesta D. (2016) Disturbi del sonno e della memoria spaziale nel disturbo post-traumatico da stress: il caso dell'Aquila. <i>Epidemiol Prev</i>, 40:45-8.</p> <p>International Book Chapters (C)</p> <p>C1) Tempesta D., Socci V., De Gennaro L., Ferrara M. (2018). The role of sleep in emotional processing. In: <i>Sleep, Memory and Synaptic Plasticity</i>, S. K. Jha and V. M. Jha (Editors). Springer. In press.</p> <p>Book chapters, in italian (D)</p> <p>D1) Ferrara M., Tempesta D. (2012) Sonno e disturbo post-traumatico da stress. Uno studio sulle conseguenze dell'esperienza del terremoto a L'Aquila. In: F. Bottaccioli (a cura di), <i>Stress e Vita. Tecniche Nuove</i>, Milano, pp. 229-238. (ISBN: 978-88-481-2854-4).</p> <p>F2) Tempesta D., Socci V., Ferrara M. (2019). Sonno ed Emozioni. In: <i>Psicologia del Sonno</i> Maggioli Editore.</p>
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PLACE AND DATE

L'AQUILA, 23.02.2021