

PERSONAL INFORMATION

Sarah Nazzari



📍 Department of Brain and Behavioral Sciences, University of Pavia, Via Mondino 2, 27100, Pavia, Italy

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🌐 https://www.researchgate.net/profile/Sarah_Nazzari

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

CURRENT POSITION

Assistant Professor (non-tenure track) in Developmental Psychology at the Department of Brain and Behavioral Sciences of University of Pavia, Italy.

National Scientific Qualification as Professor of Developmental Psychology (M/PSI-04 – 11/E2) in June 2023

PROFESSIONAL EXPERIENCE

May 2023 – now

Visiting Researcher

Research project: FinnBrain Birth Cohort Study (Prof. Hasse Karlsson)

Turku Brain and Mind Center (TBMC), University of Turku, Finland

2019 - 2022

Adjunct Professor

“Methods and Instruments for cognitive assessment in preschool age” (6 CFU: 24 hours), B.S. in Psychological Sciences

“Assessment of verbal and non-verbal intelligence in developmental age” (4 CFU: 16 hours), B.S. in Psychological Sciences

Department of Psychology, University of Milano- Bicocca, Italy

2019 – 2022
(Maternity leave May 2020- Dec 2020)

Post Doctoral Researcher

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

Chid Psychopathology Unit, Scientific Institute Eugenio Medea, Italy

2017-2019

Research Fellow

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

Chid Psychopathology Unit, Scientific Institute Eugenio Medea, Italy

2013-2017
(Maternity leave Jan 2016 - Nov 2016)

PhD Student

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

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

2013-2014

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

Tavistock and Portman NHS Foundation Trust of London, UK

2011-2013 Research Fellow

Research projects: "Promote parenting in teen moms through the Video feedback Intervention to promote Positive Parenting and Sensitive Discipline to promote children socio-emotional development"; "Genetic and environmental factors predicting biological response to stress in preschool age".

Child Psychopathology Unit, Scientific Institute Eugenio Medea, Italy

EDUCATION

2019 PhD in Clinical, Educational and Health Psychology

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

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

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

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

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

Università Vita-Salute San Raffaele, Milan (Italy)

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

Università Vita-Salute San Raffaele, Milan (Italy)

2005 High-School Diploma, 96/100

Liceo Scientifico A. Volta, Milan (Italy)

PERSONAL SKILLS

Honors and Awards

- **2023** – Award from the Fondazione Banca del Monte di Lombardia "Progetto Professionalità" to cover a visiting period at the University of Turku **€3500**
- **2022** - Departmental grant "Innovation" project entitled THETA: Translational Hyperscanning: Environmental Trajectories to Autism. (PI: Borgatti, MD), National Operative Programme "Research and Innovation" 2014-2020 (PONRI), co-funded by European Social Fund REACT EU.
- **2021** - First-author paper "Maternal caregiving moderates the impact of antenatal maternal cortisol on infant stress regulation" selected to feature in Wiley's Research Headlines.
- **2017** - Society for Emotion and Attachment Studies (SEAS) Travel Award - **€500**
- **2017** - Graduate Conference Fund Award, University College London - **£140**
- **2015** - International Society for Developmental Psychobiology (ISDP) Travel Award - **£300**
- **2015** - Graduate Conference Fund Award, University College London - **£427**
- **2014** - Jacobs Foundation Travel Award - **€700**
- **2013- 2017** - PhD Studentship Research Programme in Health and Well-Being, Stanley Thomas Johnson Foundation - **£82'187**
- **2011 – 2013** Studentship Scientific Institute E. Medea (€15'000 per year)

ADDITIONAL INFORMATION

Publications

Authors of:

N° 22 publications on international peer-reviewed journals

N° 1 publication on an Italian peer-reviewed journal

H index: 9 (Scopus), 10 (Scholar), 200 total citations

2024

Putnam, S. P. and 488 Partners in the Global Temperament Project. (in press). "The Global Temperament Project: Parent-Reported Temperament in Infants, Toddlers and Children from 59 Nations". *Developmental Psychology*

2023

Maccarini, J., **Nazzari, S.**, Grumi, S., Provenzi, S. (2023) Prenatal maternal stress during the pandemic might increase the risk of children sleep disturbances at 24 months: Findings from a longitudinal study in Italy. *Acta Paediatrica*

Nazzari, S., Cagliero, L., Grumi, S., Pisoni, E., Mallucci, G., ... & Provenzi, L. (2023). Prenatal exposure to environmental air pollution and psychosocial stress jointly contribute to the epigenetic regulation of the serotonin transporter gene in newborns. *Molecular Psychiatry*, 1-9

Quadrelli, E., Mermier, J., **Nazzari, S.**, Bulf, H., Turati, C. (2023). You can't play with us: First-person ostracism affects infants' behavioral reactivity. *Child Development*. 94: e403–e412.

Nazzari, S., Grumi, S., Biasucci, G., Decembrino, L., Fazzi, E., Giaccherio, R., ... & MOM-COPE Study Group. (2023). Maternal pandemic-related stress during pregnancy associates with infants' socio-cognitive development at 12 months: A longitudinal multi-centric study. *PLoS One*, 18(4), e0284578.

Nazzari, S., Grumi, S., Mambretti, F., Villa, M., Giorda, R., Bordoni, M., ... & Provenzi, L. (2023). Sex-dimorphic pathways in the associations between maternal trait anxiety, infant BDNF methylation, and negative emotionality. *Development and Psychopathology*, 1-11.

2022

Nazzari, S., Grumi, S., Villa, M., Mambretti, F., Biasucci, G., Decembrino, L., Giaccherio, R., Magnani, M.L., Nacinovich, R., Prefumo, F., Spinillo, F., Veggiotti, P., Fullone, E., Giorda, R., Provenzi, L. (2022). Sex-dependent association between variability in infants' OXTR methylation at birth and negative emotionality at 3 months. *Psychoneuroendocrinology*, 145, 105920

Nazzari, S., Grumi, S., Mambretti, F., Villa, M., Giorda, R., Provenzi, L. & MOM-COPE Study Group. (2022). Maternal and infant NR3C1 and SLC6A4 epigenetic signatures of the COVID-19 pandemic lockdown: When timing matters. *Translational Psychiatry*, 12(1), 386.

Nazzari, S., Grumi, S., Ciotti, S., Merusi, I., Provenzi, L., Gagliardi, L. & the SPACE-NET group. (2022). Determinants of emotional distress in neonatal healthcare professionals: An exploratory analysis. *Frontiers in Public Health*, 10, 968789.

Nazzari, S., Reali, P., Ceppi, E., Giorda, R., Bianchi, A.M., Reni, G.L., Frigerio, A., (2022) The 5-HTTLPR predicts RSA stress response in preschool age: a preliminary report. *Journal of Child Experimental Psychology*, 219, 105413.

Frigerio A., Nettuno, F., **Nazzari S.** (2022). Maternal mood moderates the trajectory of emotional behavioural problems from pre to during the COVID-19 lockdown in preschool children. *European Child & Adolescent Psychiatry*, 32(7): 1189-1199.

Nazzari, S., Fearon, P., Rice, F., Molteni, M., Frigerio, A. (2022). Maternal caregiving moderates the association between maternal antenatal cortisol and infant cortisol reactivity. *Journal of Child Psychology and Psychiatry*, 63: 871-880.

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

2021

Reali, P., Piazza, C., Tacchino, G., Songia, L., **Nazzari, S.**, Reni, G., Frigerio, A., Bianchi, A. (2021). Assessing stress variations in children during the strange situation procedure: comparison of three widely used respiratory sinus arrhythmia estimation methods. *Physiological Measurements*, 42, 085007.

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

2020

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

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

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

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

<2019

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

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

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

Invited Oral presentations

Nazzari, S. "Non solo genetica: l'epigenetica modellatrice di fenotipi e di cambiamenti dopo interventi educativi e comportamentali" at IX Corso di formazione permanente in Neuroscienze cognitive dello sviluppo, Fondazione Mariani, Milan 18, 19, 26 October

Nazzari, S. "Psychobiological signatures of prenatal exposure to the COVID-19 pandemic: findings from a longitudinal multi-centric Italian study." 2nd FinnBrain International Congress: "PRENATAL AND EARLY LIFE STRESS – IMPLICATIONS FOR LATER CHILDHOOD DEVELOPMENT AND HEALTH", Turku 7-9 June 2023

Nazzari, S. "Epigenetic signatures of prenatal exposures to the COVID-19 pandemic: findings from a longitudinal multi-centric study" in the symposium "The biological signatures of exposure to COVID-19 lockdown during the first 1000 days of life" (Chair: Sarah Nazzari) at the Biennial Meeting of the Society for Research and Child Development (SRCD), 23-25 March 2023, Salt Lake City, Utah.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Editorial Activity

Co-Editor Special Issue "From Social Wires to Neurobiological Connections: A Neuropsychobiological Focus on Parent-Child Interaction" on *Frontiers in Behavioral Neuroscience* & *Frontiers in Psychology*

Reviewer for international journals: *Brain*, *Behavior and Immunity*, *PLOS One*, *Psychoneuroendocrinology*, *Journal of Affective Disorders*, *Psychiatry Research Communications*, *European Child & Adolescent Psychiatry*, *Infancy*, *Development and Psychopathology*;

Developmental Psychobiology, Psychological Medicine, Frontiers in Psychology, BJOG: An International Journal of Obstetrics & Gynaecology

Membership Member of the COST Action (CA22114) - Maternal Perinatal Stress and Adverse Outcomes in the Offspring: Maximising infants' development (TREASURE) – PI: Dr Rafael Caparros-Gonzalez
 Member of the International Consortium for Research on Enhancing Attachment in Children through Training, Education, and Dissemination (I-REACTED consortium) – PI: Prof. Sheri Madigan
 Member of the Early Career Scholars section of the Italian University Coordination for Development Cooperation (CUCS)
 Member of the Society for Research in Child Development (SRCD)
 Member of the International Congress of Infant Studies (ICIS)
 Member of Italian Association of Psychology, Developmental and Education Psychology;
 Member of Ordine degli Psicologi della Lombardia (n. 15567)

Native Language Italian

Secondary Languages

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken Interaction	Spoken Production	
English	C1/C2	C1/C2	C1/C2	C1/C2	C1/C2
IELTS examination (2013): 8.0/9.0, First Certificate in English, University of Cambridge, ESOL Examination (2004): B					
French	B1/B2	B1/B2	B1/B2	B1/B2	B1/B2
DELF A1 e A2, B1 e B2, Institut Français, Milano (2004) Livelli: A1/A2: Utente base - B1/B2: Utente intermedio - C1/C2: Utente avanzato Quadro Comune Europeo di Riferimento delle Lingue					

Digital skills

	SELF-ASSESSMENT				
	Information processing	Communication	Contents creation	Safety	Problem solving
	Advanced	Advanced	Intermediate	Intermediate	Advanced
	<ul style="list-style-type: none"> • <i>Operating systems:</i> Microsoft Windows, Mac OS X. • <i>Office:</i> Microsoft PowerPoint, Excel, Word, Publisher. • <i>Statistical Analyses:</i> SPSS, Jamovi, Matlab, MlwiN, MPlus • <i>Video and Photo Editing:</i> Pinnacle Studio, Virtual Dub, PhotoShop. • <i>Electrocardiographic data:</i> ProComp Infiniti 				