

FRANCESCO PAGNINI

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Professore Associato in Psicologia Clinica, Università Cattolica del Sacro Cuore, Milano

Associate, Harvard University, Cambridge, MA, USA

Psicologo, Psicoterapeuta, Dottore di Ricerca in Psicologia Clinica

Curriculum studiorum

2014 – Diploma di Psicoterapia, ISeRDIP - Istituto per lo studio e la Ricerca sui Disturbi Psicici

2011 – Dottorato di Ricerca in Psicologia Clinica (Ph.D Course in Clinical Psychology) presso l'Università degli Studi di Bergamo.

2007 – Diploma di laurea magistrale in “Psicologia clinica: salute, relazioni familiari e interventi di comunità” presso l'Università Cattolica del Sacro Cuore di Milano (votazione: 110/110 e lode).

2005 – Diploma di laurea triennale in “Scienze e tecniche psicologiche” presso l'Università Cattolica del Sacro Cuore di Milano (votazione: 110/110 e lode).

Premi e bandi selezionati

Bandi/finanziamenti selezionati

2021 – Principal Investigator del progetto “The Role of Illness Expectations in the Course of Multiple Sclerosis” finanziato dalla Fondazione Italiana Sclerosi Multipla.

2020 - Principal Investigator del progetto “Mind/body practices for deep space exploration (RelaxPro)”, selezionato dalla European Space Agency e finanziato da Agenzia Spaziale Italiana

2019 - Principal Investigator del progetto “Eye Movement Desensitization and Reprocessing for Depressed People with Multiple Sclerosis: A Pilot Study”, finanziato da EMDR Europe Foundation.

2019 – Principal Investigator per del progetto “The role of mindfulness disposition in an isolated and confined environment”, approvato da European Space Agency (ESA). Centri partecipanti: Università Cattolica, ESA, Institut polaire français Paul-Emile Victor (IPEV), Programma Nazionale di Ricerche in Antartide (PNRA).

2019 – Principal Investigator del progetto “Mind-shaped body: a new conceptual framework beyond the placebo effect connecting expectations to disease outcome”, finanziato da Bial Foundation (Portogallo).

2018 – Principal Investigator del progetto “Ageing as a mindset: a counterclockwise experiment to rejuvenate older adults”, finanziato da Fondazione Cariplo. Centri partecipanti: Università Cattolica, Fondazione Don Gnocchi, Harvard University.

2015 – Co-Principal Investigator del progetto “Mindfulness, Recreation, and Relaxation for Exploration Missions (Mars Mission)”, finanziato da NASA. Centri partecipanti: NASA, Harvard University, Università Cattolica, Langer Mindfulness Institute.

- 2014 – Co-PI del progetto “An Online Mindfulness Intervention for People with ALS and their Caregivers”, finanziato da ALS Association (USA). Centri partecipanti: Università Cattolica, Harvard University, Penn State University.
- 2013 – Co-PI del progetto “Improving the Quality of Life of people with Multiple Sclerosis and their caregivers with a Telemedicine Mindfulness-Based Intervention”, finanziato da Fondazione Italiana Sclerosi Multipla.
- 2013 – Co-PI del progetto “Personal Control over MS: the use of Mindfulness”, finanziato da Multiple Sclerosis Foundation, presso Harvard University.
- 2011 – Principal Investigator, bando “Giovani Ricercatori 2009”, indetto da Ministero della Salute e con referaggio a cura del National Institute of Health degli Stati Uniti, con un progetto dal titolo: “Mindfulness-Based Cognitive Therapy for patients with Amyotrophic Lateral Sclerosis: a Randomized Controlled Trial” (GR-2009-1607388). Progetto co-finanziato da Regione Lombardia e da Fondazione Banca del Monte di Lombardia.
- 2009, 2010 – Ricercatore per progetti “MAPPA DM SLA” e “IdAQoL SLA DM”, sviluppati presso Università Cattolica di Milano e finanziati da Fondazione Cariplo (PI: prof. Enrico Molinari).
- 2007 – Borsa di Ricerca, progetto “General Anxiety Disorder and relaxation in Virtual Reality”, finanziata da Unione Europea e Regione Lombardia.

Premi e riconoscimenti selezionati

- 2020 – Abilitazione scientifica nazionale per il ruolo di Professore di prima fascia, settore M-PSI/08 - Psicologia Clinica
- 2017, 2018, 2019, 2020 – Premio pubblicazioni di alta qualità, Dipartimento di Psicologia, UCSC.
- 2016 - ENCALs Young Investigator Award for the best scientist in ALS.
- 2009 - Vincitore del Premio Gemelli per il miglior laureato dell'anno 2007 - Facoltà di Psicologia.

Conoscenze linguistiche

Inglese: scritto e orale: fluente.

Francese: scritto e orale: buono.

Esperienza di ricerca

Ricercatore Universitario a Tempo Determinato (B) in Psicologia Clinica, Università Cattolica del Sacro Cuore, Milano (2017-2019).

Ricercatore Universitario a Tempo Determinato (A) in Psicologia Clinica, Università Cattolica del Sacro Cuore, Milano, in associazione con Ospedale Niguarda Ca' Granda (2013-2016).

Visiting Professor presso Karolinska Institutet, Svezia (2016)

Visiting Researcher presso University of Cambridge (2016)

Postdoctoral Associate, Harvard University, Cambridge, MA, USA (2015+).

Postdoctoral Research Fellow presso Harvard University, Cambridge, USA (2012-2014).

Assegnista di Ricerca, area M/PSI-08 (Psicologia Clinica), presso l'Università Cattolica del Sacro Cuore di Milano (2012-2013).

Research Director, Langer Mindfulness Institute, Cambridge, MA (2014+).

Associate e Specialty Editor per le riviste scientifiche *Frontiers of Psychology in Medical Settings* (2010+; IF 2.56) e *BMC Psychology* (2012+); Lead guest editor per la rivista *Evidence-Based Complementary and Alternative Medicine* (2014+; IF: 1.88). Reviewer per più di 50 riviste psicologiche e mediche.

Membro del Cochrane Institute, gruppo di lavoro sui disturbi neuromuscolari.

Responsabilità istituzionali (selezionate)

Vice-coordinatore per la LT Scienze e Tecniche Psicologiche, Università Cattolica del Sacro Cuore, con particolare riferimento al percorso internazionale (Psychology) (dal 2020)

Membro della Commissione Etica del Dipartimento di Psicologia UCSC (dal 2018)

Membro del Comitato Scientifico della Casa della Psicologia, Ordine degli Psicologi della Lombardia (dal 2020)

Pubblicazioni (selezionate tra 112) su riviste scientifiche

Pagnini, F., Volpato, E., Dell'Orto, S., Cavalera, C., Spina, M., & Banfi, P. (2021). Illness Expectations Assessment in People with Asthma: A Tool for Explicit and Implicit Beliefs. *Journal of Asthma and Allergy*, 14, 449.

Pagnini, F., Phillips, D., Haulman, A., Bankert, M., Simmons, Z., & Langer, E. (2021). An online non-meditative mindfulness intervention for people with ALS and their caregivers: a randomized controlled trial. *Amyotrophic Lateral Sclerosis and Frontotemporal Degeneration*, 1-12.

Volpato, E., Toniolo, S., **Pagnini, F.**, & Banfi, P. (2021). The Relationship Between Anxiety, Depression and Treatment Adherence in Chronic Obstructive Pulmonary Disease: A Systematic Review. *International Journal of Chronic Obstructive Pulmonary Disease*, 16, 2001.

Pagnini, F., Bonalda, E., Montrasi, E., Toselli, E., & Antonietti, A. (2021). Mindfully reframing the psychological impact of the COVID-19 outbreak through a social media community for students: A pragmatic study. *Frontiers in Psychology*, 12, 2329.

Ripamonti, C. I., Massa, G., Insolubile, D., Guglielmo, M., Miccinesi, G., Regalia, C., Saita, E., & **Pagnini, F.** (2021). Fears, beliefs, and quality of life of patients with cancer vs the general population during the coronavirus disease 2019 (COVID-19) pandemic in Lombardy. *Tumori Journal*. <https://doi.org/10.1177/03008916211022848>

Cavalera, C., Boldrini, A., Merelli, A. A., Squillari, E., Politi, P., **Pagnini, F.**, & Oasi, O. (2021). Psychotherapists' emotional reactions to patients' personality trait in personality disorder treatment settings: an exploratory study. *BMC psychology*, 9(1), 1-8.

Vailati Riboni, F., & **Pagnini, F.** (2021). Age-based stereotype threat: a scoping review of stereotype priming techniques and their effects on the aging process. *Aging & Mental Health*, 1-7.

Saita, E., Facchin, F., **Pagnini, F.**, & Molgora, S. (2021). In the eye of the Covid-19 storm: a web-based survey of psychological distress among people living in Lombardy. *Frontiers in Psychology*, 12, 480.

Poquérusse, J., **Pagnini, F.**, & Langer, E. J. (2021). Mindfulness for Autism. *Advances in Neurodevelopmental Disorders*, 5(1), 77-84.

Palmieri, A., Kleinbub, J. R., **Pagnini, F.**, Sorarù, G., & Cipolletta, S. (2021). Empathy-based supportive treatment in amyotrophic lateral sclerosis: A pragmatic study. *American Journal of Clinical Hypnosis*, 63(3), 202-216.

- Pagnini, F.**, Bonanomi, A., Tagliabue, S., Balconi, M., Bertolotti, M., Confalonieri, E., ... & Saita, E. (2020). Knowledge, concerns, and behaviors of individuals during the first week of the coronavirus disease 2019 pandemic in Italy. *JAMA network open*, 3(7), e2015821-e2015821.
- Park, C., **Pagnini, F.**, & Langer, E. (2020). Glucose metabolism responds to perceived sugar intake more than actual sugar intake. *Scientific reports*, 10(1), 15633.
- Riboni, F. V., Sadowski, I., Comazzi, B., & **Pagnini, F.** (2020). Mindful Age and Technology: a Qualitative Analysis of a Tablet/Smartphone App Intervention Designed for Older Adults. *Integrative Psychological and Behavioral Science*, 1-16.
- Carletto, S., Cavalera, C., Sadowski, I., Rovaris, M., Borghi, M., Khoury, B., ... & **Pagnini, F.** (2020). Mindfulness-Based Interventions for the Improvement of Well-Being in People With Multiple Sclerosis: A Systematic Review and Meta-Analysis. *Psychosomatic Medicine*, 82(6), 600-613.
- Pagnini, F.**, Cavalera, C., Volpato, E., & Banfi, P. (2020). Illness expectations predict the development of influenza-like symptoms over the winter season. *Complementary Therapies in Medicine*, 50, 102396.
- Pagnini, F.** (2019). The potential role of illness expectations in the progression of medical diseases. *BMC Psychology*, 7(70).
- Pagnini, F.**, Phillips, D., Bercovitz, K. E., Langer, E. (2019). Mindfulness and relaxation training for long duration spaceflight: evidences from analog environments and military settings. *Acta Astronautica*, 165, 1-8.
- Pagnini, F.**, Cavalera, C., Volpato, E., (...) & Langer, E. (2019). Ageing as a mindset: a study protocol to rejuvenate older adults with a counterclockwise psychological intervention. *BMJ Open*, 9:e030411. doi: 10.1136/bmjopen-2019-030411
- Pagnini, F.**, Cavalera, C., Rovaris, M., Mendozzi, L., Molinari, E., Phillips, D., & Langer, E. (2019). Longitudinal associations between mindfulness and well-being in people with multiple sclerosis. *International Journal of Clinical and Health Psychology*, 19(1), 22-30. DOI: 10.1016/j.ijchp.2018.11.003
- Cavalera, C., Rovaris, M., Mendozzi, L., ... & **Pagnini, F.** (2019). Online meditation training for people with multiple sclerosis: A randomized controlled trial. *Multiple Sclerosis Journal*, 25(4)610-617. DOI: 10.1177/1352458518761187.
- Pagnini, F.**, Cavalera, C., Rovaris, M., Mendozzi, L., Molinari, E., Phillips, D., & Langer, E. (2019). Longitudinal associations between mindfulness and well-being in people with multiple sclerosis. *International Journal of Clinical and Health Psychology*, 19(1), 22-30. DOI: 10.1016/j.ijchp.2018.11.003
- Volpato, E., Banfi, P. I., Valota, C., & **Pagnini, F.** (2018). Psychological Support for Health Professionals: An Interpretative Phenomenological Analysis. *Frontiers in psychology*, 9, 1816. doi:10.3389/fpsyg.2018.01816
- Pagnini, F.**, Bercovitz, K. E., & Phillips, D. (2018). Langerian mindfulness, quality of life and psychological symptoms in a sample of Italian students. *Health and Quality of Life Outcomes*, 16(1), 29. DOI: 10.1186/s12955-018-0856-4.
- Gibbons, C., **Pagnini, F.**, Friede, T., Young, C.A. (2018). Treatment of fatigue in amyotrophic lateral sclerosis/motor neuron disease. *Cochrane Database of Systematic Reviews*, 1, CD011005. DOI: 10.1002/14651858.CD011005.pub2.
- Pagnini, F.**, Marconi, A., Tagliaferri, A., Manzoni, G. M., Gatto, R., Fabiani, V., ... & Lunetta, C. (2017). Meditation training for people with amyotrophic lateral sclerosis: a randomized clinical trial. *European Journal of Neurology*. doi:10.1111/ene.13246

- Moafian, F., **Pagnini, F.**, & Khoshsima, H. (2017). Validation of the Persian Version of the Langer Mindfulness Scale. *Frontiers in Psychology*, 8, 468.
- Volpato, E., Banfi, P., & **Pagnini, F.** (2017). A psychological intervention to promote acceptance and adherence to non-invasive ventilation in people with chronic obstructive pulmonary disease: study protocol of a randomised controlled trial. *Trials*, 18(1), 59.
- Khoury, B., Knäuper, B., **Pagnini, F.**, Trent, N., Chiesa, A., & Carrière, K. Embodied Mindfulness. *Mindfulness*, 1-12. doi:10.1007/s12671-017-0700-7
- Davenport, C., & **Pagnini, F.** (2016). Mindful Learning: A Case Study of Langerian Mindfulness in Schools. *Frontiers in Psychology*, 7, 1372. DOI:10.3389/fpsyg.2016.01372.
- Park, C., **Pagnini, F.**, Reece, A., Phillips, D., & Langer, E. (2016). Blood sugar level follows time perception rather than actual time in people with type II diabetes. *PNAS - Proceedings of the National Academic of Sciences*, 113(29), 8168-8170.
- Pagnini, F.**, Bercovitz, K., & Langer, E. (2016). Perceived control and mindfulness: Implications for clinical practice. *Journal of Psychotherapy Integration*, 26(2), 91-102. DOI: 10.1037/int0000035
- Chung, J., **Pagnini, F.**, & Langer, E. (2016). Mindful Navigation for Pedestrians: Improving Engagement with Augmented Reality. *Technology in Society*, 45, 29-33. DOI: 10.1016/j.techsoc.2016.02.006
- Marconi, A., Gagnano, G., Lunetta, C., Tagliaferri, A., Rossi, G., (...) & **Pagnini, F.** (2016). The experience of meditation for people with Amyotrophic Lateral Sclerosis and their caregivers: a qualitative analysis. *Psychology, Health & Medicine*, 21(6), 762-768. DOI: 10.1080/13548506.2015.1115110
- Pagnini, F.**, Phillips, D., Bosma, C., Reece, A., & Langer, E. (2016). Mindfulness as a protective factor for the burden of caregivers of Amyotrophic Lateral Sclerosis patients. *Journal of Clinical Psychology*, 72(1), 101-11. DOI: 10.1002/jclp.22235
- Cavalera, C., **Pagnini, F.**, Rovaris, M., Mendozzi, L., Pugnetti, L., Garegnani, M., & Molinari, E. (2016). A telemedicine meditation intervention for people with multiple sclerosis and their caregivers: study protocol for a randomized controlled trial. *Trials*, 17(1), 4.
- Pagnini, F.**, & Phillips, D. (2015). Being mindful about mindfulness. *The Lancet Psychiatry*, 2(4), 288 - 289. DOI: S2215-0366(15)00041-3.
- Pagnini, F.**, Langer, E. (2015). Mindful reappraisal. *Psychological Inquiry*, 26: 365–367. DOI: 10.1080/1047840X.2015.1073660.
- Volpato, E., Banfi, P., Rogers, S. M., & **Pagnini, F.** (2015). Relaxation Techniques for People with Chronic Obstructive Pulmonary Disease: A Systematic Review and a Meta-Analysis. *Evidence-Based Complementary and Alternative Medicine*, 2015, Article ID 628365, 1-22. DOI:10.1155/2015/628365.
- Pagnini, F.**, Manzoni, G. M., Tagliaferri, A., & Gibbons, C. J. (2015). Depressive disorders in Amyotrophic Lateral Sclerosis: a comprehensive meta-regression analysis. *Journal of Health Psychology*, 20(8), 1107–1128. DOI: 10.1177/1359105314530453.
- Pagnini, F.**, Phillips, D., Bosma, C., Reece, A., & Langer, E. (2015). Mindfulness, Physical Impairment and Psychological Well-Being in People with Amyotrophic Lateral Sclerosis. *Psychology & Health*, 30(5), 503-517. DOI: 10.1080/08870446.2014.982652.
- Kleinbub, J. R., Palmieri, A., Broggio, A., **Pagnini, F.**, Enrico, B., Sambin, M., & Sorarù, G. (2015). Hypnosis-based psychodynamic treatment in ALS: a longitudinal study on patients and their caregivers. *Frontiers in Psychology*, 6, 624.

- Manzoni, G., Castelnuovo, G., Compare, A., **Pagnini, F.**, Essebag, V., & Proietti, R. (2015). Psychological effects of implantable cardioverter defibrillator shocks. A review of study methods. *Frontiers in Psychology*, 6, 39.
- Pietrabissa, G., Manzoni, G. M., Algeri, D., Mazzucchelli, L., Carella, A., **Pagnini, F.** & Castelnuovo, G. (2015), Facebook Use as Access Facilitator for Consulting Psychology. *Australian Psychologist*, 50(4), 299–303. DOI: 10.1111/ap.12139
- Pagnini, F.**, Bosma, C. M., Phillips, D., & Langer, E. (2014). Symptom changes in multiple sclerosis following psychological interventions: a systematic review. *BMC neurology*, 14(1), 222. [Highly accessed]
- Young, C. A., Gibbons, C., **Pagnini, F.**, & Friede, T. (2014). Treatment for fatigue in amyotrophic lateral sclerosis/motor neuron disease (ALS/MND). *The Cochrane Library*, Issue 3. Art. No.: CD011005. DOI: 10.1002/14651858.CD011005.
- Spinelli, A., Carvello, M., D'Hoore, A., & **Pagnini, F.** (2014). Psychological Perspectives of Inflammatory Bowel Disease Patients Undergoing Surgery: Rightful Concerns and Preconceptions. *Current drug targets*, 15(11), 1074-1078.
- Khoury, B., Langer, E. J., & **Pagnini, F.** (2014). The DSM: Mindful Science or Mindless Power? *Frontiers in Psychology*, 5, 602. DOI: 10.3389/fpsyg.2014.00602. [Winner of the *Award for the best paper in Social Science, Québec*, 2014].
- Pagnini, F.**, Phillips, D., & Langer, E. (2014). A mindful approach with end-of-life thoughts (Invited Editorial). *Frontiers in Psychology*, 5, 138 DOI: 10.3389/fpsyg.2014.00138.
- Molinari, E., **Pagnini, F.**, Castelnuovo, G., Lozza, E., & Bosio, A. C. (2014). Nuove frontiere per la psicologia clinica: lo psicologo in farmacia. *Giornale italiano di psicologia*, 41(1), 191-204.
- Pagnini, F.**, Di Credico, C., Gatto, R., Fabiani, V., Rossi, G., Lunetta, C., ... & Amadei, G. (2014). Meditation Training for People with Amyotrophic Lateral Sclerosis and Their Caregivers. *The Journal of Alternative and Complementary Medicine*, 20(4), 272-275.
- Pagnini, F.**, Manzoni, G. M., Castelnuovo, G., & Molinari, E. (2013). A brief literature review about relaxation therapy and anxiety. *Body, Movement and Dance in Psychotherapy*, 8(2), 71-81.
- Pagnini, F.** (2013). Psychological well-being and quality of life in Amyotrophic Lateral Sclerosis: a review. *International Journal of Psychology*, 48(3), 194-205.
- Pagnini, F.**, Zanini, S., & Gislón, M.C. (2013). Un approccio psicoterapeutico focalizzato sui bisogni del paziente [A psychotherapeutic approach based on patient's needs]. *Journal of Psychopathology*, 19(3), 242-244.
- Pagnini, F.** (2013). A new compass for health psychology. *Frontiers in Psychology*, 4(MAR).
- Pagnini, F.**, & Molinari, E. (2013). Efficacy of relaxation techniques in different clinical situations. *Rivista di psichiatria*, 48(2), 88-96.
- Pagnini, F.**, Zanini, S., & Gislón, M.C. (2013). Patient's needs and psychotherapy integration. *International Journal of Psychotherapy*, 17(3), 20-23.
- Pagnini, F.**, Gibbons, C. J., & Castelnuovo, G. (2012). The importance of an idiographic approach for the severe chronic disorders-the case of the amyotrophic lateral sclerosis patient. *Frontiers in Psychology*, 3(NOV).
- Oster, C., & **Pagnini, F.** (2012). Resentment, hate, and hope in amyotrophic lateral sclerosis. *Frontiers in Psychology*, 3(NOV).

- Molinari, E., **Pagnini, F.**, Castelnuovo, G., Lozza, E., & Bosio, A.C. (2012). A new approach for psychological consultation: the psychologist at the chemist's. *BMC Public Health*, 12, DOI: 10.1186/1471-2458-12-501.
- Pagnini, F.**, Banfi, P., Lunetta, C., Rossi, G., Castelnuovo, G., Marconi, A., Fossati, F., Corbo, M. & Molinari, E. (2012). Respiratory function of people with amyotrophic lateral sclerosis and caregiver distress level: a correlational study. *BioPsychoSocial Medicine*, 6(14).
- Pagnini, F.**, Lunetta, C., Banfi, P., Rossi, G., Fossati, F., Marconi, A., Castelnuovo, G., Corbo, M., & Molinari, E. (2012). Pain in Amyotrophic Lateral Sclerosis: a psychological perspective. *Neurological Sciences*, 3, 1193-1196.
- Pagnini, F.**, Simmons, Z., Corbo, M., & Molinari, E. (2012). Amyotrophic lateral sclerosis: Time for research on psychological intervention?. *Amyotrophic Lateral Sclerosis*, 13, 416-417.
- Pagnini, F.**, Lunetta, C., Banfi, P., Rossi, G., Gorni, K., Castelnuovo, G., Corbo, M., & Molinari, E. (2012). Anxiety and depression in patients with Amyotrophic Lateral Sclerosis and their caregivers. *Current Psychology*, 31(1), 79-87.
- Pagnini, F.**, Lunetta, C., Rossi, G., Castelnuovo, G., Corbo, M., & Molinari, E. (2011). Existential well-being of individuals with Amyotrophic Lateral Sclerosis is related to psychological well-being of their caregivers. *Amyotrophic Lateral Sclerosis*, 12(2), 105-108.
- Pagnini, F.**, Bomba, G., Guenzani, D., Banfi, P., Castelnuovo, G., Corbo, M., & Molinari, E. (2011). Coping with Amyotrophic Lateral Sclerosis: resilience abilities. *Revista Argentina de Clinica Psicologica*, 20(3).
- Pagnini, F.** & Banfi, P. (2011). Pneumologia e psicologia clinica. Un incontro possibile [Clinical psychology and respiratory medicine. A possible meeting]. *Multidisciplinary Respiratory Medicine*, 6(3), 153-154.
- Manzoni, G.M., **Pagnini, F.**, Corti, S., Molinari, E., & Castelnuovo, G. (2011). Internet-Based Behavioral Interventions for Obesity: An Updated Systematic Review. *Clinical Practice & Epidemiology in Mental Health*, 7, 19-28.
- Pagnini, F.**, Rossi, G., Lunetta, C., Granatiero, O., Castelnuovo, G., Corbo, M., & Molinari, E. (2010). Burden, depression, and anxiety in caregivers of people with amyotrophic lateral sclerosis. *Psychology, Health & Medicine*, 15(6), 685-693.
- Pagnini, F.**, Rossi, G., Lunetta, C., Banfi, P., & Corbo, M. (2010). Clinical psychology and amyotrophic lateral sclerosis. *Frontiers in Psychology*, 1, 5.
- Pagnini, F.**, Manzoni, G.M., Castelnuovo, G., & Molinari, E. (2010). The efficacy of relaxation training in treating anxiety disorders and problems. *International Journal of Behavioral Consultation and Therapy*, 5(3-4).
- Pagnini, F.**, Castelnuovo, G. & Manzoni, G.M. (2009). Towards an emotion-based medicine? *JAMA – The Journal of the American Medical Association*, 301(6), 600-601.
- Villa, V., Manzoni, G.M., **Pagnini, F.**, Castelnuovo, G., Cesa, G., & Molinari, E. (2009). Do coping strategies discriminate eating disordered individuals better than eating disorder features? An explorative study on female inpatients with anorexia and bulimia nervosa. *Journal of Clinical Psychology in Medical Settings*, 16, 297–303.
- Manzoni, G.M., **Pagnini, F.**, Gorini, A., Riva, G., Castelnuovo, G., & Molinari, E. (2009). Can relaxation training reduce emotional eating in obese females? An explorative study with three months follow-up. *JADA - Journal of the American Dietetic Association*, 109(8), 1427-1432.

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- Manzoni, G. M., Preziosa, A., Gorini, A., **Pagnini, F.**, Cesa, G. L., Castelnuovo, G., Molinari, E., & Riva, G. (2009). VR-enhanced Treatment of Emotional Eating in Obese Female In-patients: A Follow-up Study. *Cyberpsychology & Behavior*, 12(1), 86-86.
- Manzoni, G.M., **Pagnini, F.**, Castelnuovo, G., & Molinari, E. (2008). Relaxation and anxiety: a ten-years meta-analysis. *BMC Psychiatry*, 8(41) (highly accessed).
- Manzoni, G.M., Gorini, A., **Pagnini, F.**, Riva, G., Castelnuovo, G., & Molinari, E. (2008). New technology and relaxation: an explorative study on obese patients with emotional eating. *Journal of Cybertherapy and Rehabilitation*, 1(2), 182-192.

Libri

- Pagnini F.**, Simmons, Z. (2018) *Amyotrophic Lateral Sclerosis: Understanding and Optimizing Quality of Life and Psychological Well-Being*. Oxford, UK: Oxford University Press. ISBN: 978-0-19-875772-6
- Pagnini, F.**, Castelnuovo, G., eds. (2016). *Psychological Issues in Amyotrophic Lateral Sclerosis*. Lausanne, Switzerland: Frontiers Media. doi: 10.3389/978-2-88919-758-3.

Capitoli di libro su invito

- Pagnini, F.** & Molinari, E. (2020). Mindfulness applicata alla psicoterapia: miti e prospettive applicative. In: Ghilardi, M. Palmieri, A. (ed.), *Meditazione, mindfulness e neuroscienze*, Mimesis Edizioni, Milano-Udine 2020: 147- 158
- Pagnini, F.**, & Simmons, Z. (2018). Providing holistic care for the individual with ALS: Research gaps and future directions. In: Pagnini F., Simmons, Z. (2018) *Amyotrophic Lateral Sclerosis: Understanding and Optimizing Quality of Life and Psychological Well-Being*. Oxford, UK: Oxford University Press. ISBN: 978-0-19-875772-6
- Pagnini, F.**, Phillips, D., Volpato, E., Banfi, P., & Langer, E. (2018). Mindfulness and mindlessness and ALS. In: Pagnini F., Simmons, Z. (2018) *Amyotrophic Lateral Sclerosis: Understanding and Optimizing Quality of Life and Psychological Well-Being*. Oxford, UK: Oxford University Press. ISBN: 978-0-19-875772-6
- Palmieri, A., **Pagnini, F.**, & Gibbons, C. (2018). Complementary and alternative medicines and ALS. In: Pagnini F., Simmons, Z. (2018) *Amyotrophic Lateral Sclerosis: Understanding and Optimizing Quality of Life and Psychological Well-Being*. Oxford, UK: Oxford University Press. ISBN: 978-0-19-875772-6
- Phillips, D., & **Pagnini, F.** (2016). Health and the Psychology of Possibility. In Fatemi, S.M. (ed.), *Critical Mindfulness*, Cham, Switzerland: Springer International Publishing.
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