

Nicole Bizzotto

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Research Interests: Online Support Groups, Peer advice, Patient empowerment.



EDUCATION

PhD Student Faculty of Communication, Culture and Society, Università della Svizzera italiana, Lugano (Switzerland)

03/21 – Present

Thesis Director: Prof. Peter J. Schulz

Thesis Co-director: Prof. Gert-Jan de Bruijn, University of Antwerp

Academic mentor: Doctor Laura Marciano, Harvard T.H. Chan School of Public Health

Research topic: "The Perils of Peer Advice: How Internet Support Groups Can Do Harm to Depression Patients"

Swiss National Science Foundation / Doc.CH grant

MSc Cognitive Psychology in Health Communication, Università della Svizzera Italiana (Lugano, Switzerland) and Università Vita-Salute San Raffaele (Milan, Italy)

09/2017–03/2020

Master Thesis: "CIGARETTES AS BULLETS Rhetorical and Cognitive Analysis of Visual Structure Differences of Multimodal Tropes in Anti-Smoking Campaigns."

Supervisor: Dr. Simone Sulpizio; Co-Supervisor: Prof. Peter J. Schulz

Final score: 110 marks with honour out of 110; Graduation exam: 10/10

BSc Science and Technology of Cognitive Psychology, Università degli Studi di Trento (Italy)

09/2014–03/2017

110 marks with honour out of 110 Graduation in two years (instead of three).

09/2015–01/2016 **Erasmus + Program** Université Nice Sophia Antipolis, Nice (France) Completion of 46 ECTS in 4 months.

WORK EXPERIENCE

- 04/20-10/20 **Post-Graduate Trainee** at Institute of Communication and Health (ICH), Università della Svizzera italiana, Lugano (Switzerland)
Research Project on Mental Health: Under the supervision of Prof. P.J. Schulz, ideation, creation and implementation of two pilot studies with +300 participants investigating Promotion of Mental Health in young adults.
Data cleaning and analysis: Data cleaning of researches on psychological aspects of Covid-19 (longitudinal studies) in collaboration with Umeå University researchers (Sweden).
- 10/2019 **Research Assistant** Fondazione Salute Sessuale Svizzera, Locarno (Switzerland)
Focus Group Moderator and Note Taker in a qualitative study at "Ospedale Regionale di Locarno La Carità".
Topic: Promotion of Sexual Health & Recommendations for Action. Participants: Public Health Experts in Ticino Area.
Aim: Investigate opportunities and obstacles of sexual health in Ticino. Referent: Stefania Maddalena
- 07/2019 **Observational Internship**, IRCCS: Scientific Institute for Research, Hospitalization and Healthcare, Milan (Italy) Focus on psycho-oncology
Participation in "Salute allo Specchio" events: project dedicated to women's cancer where monthly a group of patients hospitalized or operated at San Raffaele Hospital meets and implements a journey to enhance self-esteem and femininity even after surgery, chemotherapy or radiotherapy.
Supervisor: Prof. Valentina Di Mattei
- 03/2019–07/2019 **Research Assistant**, Pro Senectute, Lugano (Switzerland) Internship aimed at investigating real or perceived benefits and barriers of elderly patients' participation in clinical trials.
Conducted structured interviews to elderly people for epidemiological study SwissDEM.
Supervisor: Prof. Emiliano Albanese
- 07/2018 **Internship in Neuroscience Lab** Neurobiology of Learning Unit, Division of Neuroscience, Scientific Institute Ospedale San Raffaele, Milan (Italy) Observational internship. Observation of in vivo dissection of corpus callosum in mice, improved basic laboratory skills.

Supervisor: Prof. Antonio Malgaroli

- 07/2017 **Assistant clinical psychologist** ANGSA Onlus (Associazione Nazionale Genitori Soggetti Autistici), Bassano del Grappa (Italy)
Internship experience with children and adolescents suffering from autism (and Tourette syndrome) in a summer camp with a focus on Applied Behavior Analysis (ABA) method. Principal psychoeducational activities: swimming pool, drawing, cooking activities, and grocery shopping.
Supervisor: Dr. Giorgia Rossi

PERSONAL SKILLS

- Language proficiency Italian mother tongue, English C1, French C2, German A1.
- Data analyses and statistical computation: R environment, SPSS, Microsoft Excel
- Surveys builders: Qualtrics, REDCap, SurveyMonkey
- Experiments builder: OpenSesame
- Websites creation: Wix.com, Wordpress
- Document preparation: LaTeX

REPORTS IN SCIENTIFIC CONFERENCES

- **Bizzotto N.**, Schulz J. P. *The Vicious Cycle of Inadequate Health Literacy: An Experimental Study Using Fake Search Engine Software*, Poster presented at International Conference on Communication in Healthcare (ICCH), online, October 17- 20, 2021.
- **Bizzotto, N.**, Sulpizio, S., Pollaroli, C., *CIGARETTES AS BULLETS Rhetorical and Cognitive Analysis of Visual Structure Differences of Multimodal Tropes in Anti- Smoking Campaigns*. Poster presented at RaAM (Association for Researching and Applying Metaphor) virtual conference (originally in Hamar, Norway) held 18-21 June 2020.

ARTICLES IN CONFERENCE PROCEEDINGS

- **Bizzotto N.**, Marciano L., Schulz P.J., de Bruijn G. *"Look up and back me up": A systematic review and meta-analysis on depression and online help-seeking*. Paper presented at 72nd Annual International Communication Association Conference, Paris (France), 26-30 May 2022

MANUSCRIPTS UNDER REVIEW

- **Bizzotto N.**, Morlino S., Schulz P.J. *Seeking Support, Posting Your Sorrows, and Getting Misinformed in Return: Protocol for a codebook for a quantitative content analysis on mental health online support groups*. JMIR Research Protocols

PUBLISHED ARTICLES

- Schulz, P. J., Andersson, E. M., **Bizzotto, N.**, & Norberg, M. (2021). Using Ecological Momentary Assessment to Study the Development of COVID-19 Worries in Sweden: Longitudinal Study. *Journal of medical Internet research*, 23(11), e26743.

MEMBERSHIPS

- The Academy of Communication in Healthcare (2021-)

AWARDS

- Doc.CH Grant for a PhD. Doc.CH is aimed at promising researchers who wish to write a doctoral thesis on a topic of their own choice in the humanities and social sciences in Switzerland.
- Master Award: "Student with higher G.P.A.". Received 4 000 CHF grant, Foundation for the Lugano faculties of the University of Lugano (Switzerland)
- Bachelor Award (2017): prize to those students who have achieved remarkable results at the end of their Degree. Università degli Studi di Trento (Italy)
- 05/2017 Public Speech in Trento as "Best Graduate in Academic year 2016-2017" at Graduation Ceremony, Università degli Studi di Trento (Italy).
- Acceptance to Honour Programme of Excellence Bernardo Clesio, Università degli Studi di Trento, Italy (declined).