



Matilde Melotto

PHD CAND.

CONTACTS

- 📞 +39 334 1026544
- ✉️ matildemelotto98@gmail.com
- 📌 LinkedIn:
www.linkedin.com/in/matilde-melotto
- 📌 Università della Svizzera italiana (USI):
<https://usi.to/7a9>

ACADEMIC EXPERIENCE

● PhD candidate in psychology and public health

Università della Svizzera italiana (Lugano) 2024 - present
Currently enrolled in the PhD **project "GIOCO"** ([link al sito: https://mediaticino.usi.ch/en/gioco](https://mediaticino.usi.ch/en/gioco)), which investigates the role of play activities – offline, hybrid, and online – in the socio-emotional development of children and adolescents. The research focuses on **empathy**, **alexithymia**, and **peer dynamics**, exploring how these factors influence early interactions in modern play contexts, with the aim of developing guidelines for families and professionals.

Doctoral activities

- **Teaching assistance** in Bachelor course *Media Digitali nella Vita dei Giovani* and Master courses *Health Campaign Development and Evaluation* and *Digital Health* taught by Dr. Anne-Linda Camerini (references available upon request).
- **Co-supervision** of a **Master's thesis** in *Cognitive Psychology in Health Communication*, based on a qualitative focus group study exploring play experiences among school-aged children in Canton Ticino.
- **Participation in international conferences:** [SRCD](#) (Minneapolis, May 2025) e [ICA](#) (Denver, June 2025).

● Research assistant

Università della Svizzera italiana (Lugano) 2021 - 2022
Research assistant during my Master's studies, also in collaboration with the *Federal Office of Public Health* (Bern). Contributed to the projects *SwissDEM* and *Unlock* at the *Institute of Public Health*, carrying out **literature reviews**, **data collection and analysis** based on neurocognitive assessment questionnaires and focus groups, as well as contributing to **scientific publications**.

PUBLICATIONS & CONTRIBUTIONS

● Journal articles

- Fadda M., Melotto M., Caiata Zufferey M., Puhan M. A., Frei A., [Albanese E.](#), Camerini A. L. (2023) [Joys or sorrows of parenting during the Covid-19 lockdown: A scoping review](#). *Public Health Reviews*:1-10

● Article in conference proceedings

- [Pedroni C.](#), [Melotto M.](#), [Camerini A. L.](#) (2025) [Unlocking Play Potential: A Systematic Review on the Relationship between Play and Cognitive and Physical Functioning in Children and Adolescents](#). Oral Presentation. Annual Conference of the International Communication Association (ICA). Denver, Colorado, United States. June 12-16

● Report in scientific conference

- [Melotto M.](#), [Pedroni C.](#), [Camerini A. L.](#) (2025) [A Focus Group Study of Children's and Adolescents' Motivations, Preferences, Opportunities, and Barriers in Analog, Hybrid, and Digital Play](#). 75th Annual Conference of the International Communication Association. Denver, Colorado, United States. 12-16 June 2025
- [Melotto M.](#), [Pedroni C.](#), [Camerini A. L.](#) (2025) [A Systematic Review of the association between Gaming Addiction and Emotional Cognition in Children's and Adolescents' Development](#). 75th Annual Conference of the International Communication Association. Denver, Colorado, United States. 12-16 June 2025

● Conference poster

- [Melotto M.](#), [Pedroni C.](#), [Camerini A. L.](#) (2025) [Exploring the Relationship between Play Activities and Emotional Cognition: A Systematic Review across Developmental Stages](#). Biennial Meeting of the Society for Research in Child Development. Minneapolis, Minnesota, United States. 1-3 May 2025

INTERESTS/ACTIVITIES

Sports experience in skiing, ice skating, and athletics; currently practice running and yoga

Blood donor at *FIDAS* (2023-2024)

Volunteer at the rehabilitation community *La Svolta* for drug addicts, Aosta (Summer 2020)

Theatre and volunteer activities with the association *Libera* against organized crime, Aosta (2015-2017)

LANGUAGES

Italian

(native)

Inglese

(professional proficiency)

C1 Certificate

Cambridge University (12/2016)

Francese

(professional proficiency)

C1 Certificate

Alliance française de la Vallée d'Aoste (10/2017)

German

(basic competence)

Spanish

(basic competence)

WORK EXPERIENCE

Professional internship in psychology

Istituto di Psicosomatica Integrata (Milan) 2022-2023

Professional internship for the State Exam and psychologist licensure, conducted in a clinical and psychosomatic setting. Responsibilities included **welcoming and supporting patients** through the informed consent process, participating in **weekly supervision and intervision** meetings with a multidisciplinary team, and engaging in **clinical workshops** based on recorded sessions to strengthen listening and relational skills. Additionally, contributed to institutional **communication** initiatives and the management of the Institute's **social media channels**.

Administrative assistant

Università degli Studi di Torino (Turin) 2019-2020

Collaboration within the university's administrative offices during the Bachelor's degree. Tasks included archiving and registering invoices, managing funding requests for academic projects and materials, and providing support to faculty and administrative staff.

Event staff – guest relations & on-site coordination

Enjoy Events (Aosta), PTM (Turin), TPS (Milan) 2014-2024

Ten years of experience in social and corporate events in Aosta Valley, Turin, and Milan, focusing on guest reception and team coordination during conferences, corporate events, trade fairs, and promotional activities for brands such as Accenture, Land Rover, and BMW.

EDUCATION

State exam & psychologist professional qualification

Università degli Studi di Torino (Turin) 2023

Successfully passed the Practical Evaluation Exam and obtained registration as a licensed psychologist (**Albo A**).

Master of Science in Cognitive Psychology in Health Communication

UniSR (Milan) & USI (Lugano) 2020-2022

Double degree obtained at Vita-Salute San Raffaele University (Milan) and the Università della Svizzera italiana (Lugano). Interdisciplinary program, fully taught in **English**, at the **intersection** of cognitive psychology, neuroscience, and health communication (Italian grade: **110/110 with honors**; Swiss grade: **10/10**).

Bachelor's in Psychological Sciences and Techniques

Università degli Studi di Torino (Turin) 2017-2020

Comprehensive degree in the main areas of psychology (social, developmental, clinical, and neuropsychology), with a strong focus on research methods and statistics (grade: **110/110 with honors**).

High School Diploma in Foreign Languages

Liceo E. Bérard (Aosta) 2012-2017

Diploma in foreign languages with specialization in French, English, and German (grade: **96/100**), enriched by exchange experiences.