




# Matilde Melotto

## CONTACTS

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 +39 334 1026544

 matildemelotto98@gmail.com

 [www.linkedin.com/in/matilde-melotto](https://www.linkedin.com/in/matilde-melotto)

## INFO

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### Nationality

Italian

### Date of Birth

12/09/1998

### More about me

#### Volunteering activities

- 02/2023-Present: blood donor
- 07/2020-09/2020: volunteer in the drug addiction community "La Svolta" (Aosta Valley)
- 09/2015-07/2017: volunteer in the association "Libera" against organized crime (Aosta Valley)

01/2014-Present: work in the context of social events (Aosta Valley, Turin, Milan)

## WORK EXPERIENCE

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### 03/2024-ongoing **PhD Student | USI (Lugano)**

ongoing

Currently working as a PhD student in the project OHOPlay project (ital. GIOCO), investigating the role of different play activities (offline, hybrid, and online) in the socio-emotional development of children and adolescents.

### 10/2022-05/2023 **Psychologist Trainee | IPSI (Milan)**

8 months

Internship at "Istituto di Psicosomatica Integrata" aimed at getting first-hand experience, while enhancing the main skills in the field of clinical psychology, with a particular focus on the neurobiological component of affective relationships. The institute is particularly oriented toward teenagers and young adults of the new digital era who often deal with problems in the integration and management of digital devices in their daily life (e.g., hikikomori).

#### Main tasks:

- Managed the entry of new patients, ensuring their understanding of the informed consent form
- Contributed to the development of educational projects to help young patients with study and daily issues
- Attended weekly psychotherapeutic intervention and supervision groups with the multi-disciplinary equipe
- Participated in multiple laboratories based on recorded clinical sessions to improve listening and relational skills
- Worked on the management of the Institute's social media accounts, and communication projects

## SKILLS

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### Research skills

Analysis of the literature; development of the research plan; test development and validation; data collection and analysis (both quantitative and qualitative methods); model validation; report writing and presentation of results (**PowerPoint** and **Canva**)

### Statistical skills

Quantitative background in social sciences: descriptive and inferential methods; univariate and multivariate statistics; exploratory and confirmatory data analysis; parametric and non-parametric tests (**SPSS** and **Excel**)

### Psychological and communication skills

Active and empathic listening; interpersonal communication; health communication; health campaign development; digital health; social marketing; collaboration; teamwork; curiosity; adaptability

## REFERENCES

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### Professor Schulz Peter Johannes

Director of the Institute of Communication and Health at the "University of Italian Switzerland" (Lugano) and Full Professor of Communication Theories and Health Communication



[peter.schulz@usi.ch](mailto:peter.schulz@usi.ch)

### Professor Di Serio Mariaclelia Stefania

Director of the University Centre for Statistics in Biomedical Sciences at "Vita-Salute San Raffaele University" (Milan) and Full Professor of Statistics and Epidemiology



[diserio.clelia@univr.it](mailto:diserio.clelia@univr.it)

## ACADEMIC WORK EXPERIENCE

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### 02/2022-07/2022 Project Intern | FOPH (Bern)

6 months

Contributed to a team research project promoted by the "Federal Office of Public Health" (Bern) and aimed at studying and improving communication with socio-economically disadvantaged populations in Switzerland.

Main tasks:

- Literature review on socio-economically disadvantaged people and strategy development using community-based interventions, health literacy and sociocultural context
- Interviews with experts and stakeholders and development of semi-structured interview questions for focus groups
- Development of a theoretical framework to guide practice based on 4 main themes emerged from thematic analysis

### 02/2021-12/2021 Research Assistant | USI (Lugano)

11 months

Worked as an undergraduate research assistant at the "University of Italian Switzerland" (USI) in the context of two research projects promoted by the "Institute of Public Health".

09/2021-12/2021: "SwissDEM"

- Large-scale epidemiological study on the health of the elderly population of Ticino (Italian Switzerland)  
Main task: data collection - neuropsychological
- assessment through face-to-face interviews with the study population

09/2021-12/2021: "Unlock"

- Contributed to the development of postdoctoral researcher Marta Fadda's project aimed at exploring the consequences of COVID-19 public health response measures on parenting life
- Scoping review to map out the existing evidence and guide the development of focus group questions
- Conduction and thematic analysis of focus group interviews  
Article publication: "Joys or Sorrows of Parenting During the COVID-19 Lockdown: A Scoping Review", Public Health Reviews' Journal (2023), URL: <https://www.ssph-journal.org/articles/10.3389/phrs.2022.1605263>

### 09/2019-02/2020 Student Worker | UniTo (Turin)

6 months

Worked at the administration offices of the "University of Turin" (UNITO) while attending my Bachelor's degree.

Main tasks:

- Storage and registration of university invoices and professors' funding applications
- Managed communication with the university staff to provide information and report potential mistakes

## LANGUAGES

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### Italian

Native speaker

### English

Full professional proficiency

### French

Professional working proficiency

### German

Elementary proficiency

### Spanish

Elementary proficiency

## CERTIFICATIONS

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### Diplôme Approfondi de Langue Française (DALF)

Level - C1

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

### Advanced Certificate in English (CAE)

Level - C1

Cambridge University (issued 12/2016)

## EDUCATION

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09/2020-09/2022

2 years

### Master of Science in "Cognitive Psychology in Health Communication" | UniSR (Milan) & USI (Lugano)

Double degree jointly offered by the Faculty of Psychology of "Vita-Salute San Raffaele University" in Milan and the Faculty of Biomedical Sciences of the "University of Italian Switzerland (USI)" in Lugano. The study programme (entirely taught in English) offered interdisciplinary training focused on the intersection between the theoretical bases of cognitive psychology, neuroscience, and communication applied to the health context.

Italian grade: 110/110 with honors

Swiss grade: 10/10

- Research thesis: "Searching for professional help in case of mental health problems: A test of an expanded version of the Theory of Planned Behavior" (supervisor: Professor Peter Johannes Schulz, Director of the "Institute of Communication and Health")

- Research and statistics major exams: Psychometrics (30/30 cum laude; 10/10), Research Methods in Health (30/30; 10/10), Advanced Modeling in Psychology (30/30; 10/10)

- Psychology and neuroscience major exams: Advanced Topics in Cognitive Psychology (29/30; 9.5/10), Learning and Memory (28/30; 9.5/10), Decision Making (29/30; 9.5/10); Advances in Behavioral Neuroscience (27/30; 9/10)

10/2017-07/2020

3 years

### Bachelor of Science in "Psychological Sciences and Techniques" | UniTo (Turin)

Bachelor's degree aimed at providing basic theoretical knowledge of fundamental psychological (i.e., social, developmental and clinical psychology) and neuropsychological subjects with a particular focus on research methods in social sciences.

Italian grade: 110/110 with honors

- Thesis: "Resilience: the HPA axis and the role of internal and external factors that contribute to its regulation" (supervisor: Professor Anna Maria Berti, Full Professor at the Department of Psychology in the domain of Cognitive Neuropsychology)

09/2012-07/2017

5 years

### High School Diploma in "Foreign Languages and Literatures" | HS E. Bérard (Aosta)

General foreign languages diploma with an emphasis on French, English and German. The study programme included one-month exchange experiences in France (Grenoble) and England (Eastbourne) and one-week school trips to Germany (Berlin and Freiburg) to improve spoken language skills and get to know different cultural environments.

Italian grade: 96/100