

# EUROPEAN CURRICULUM VITAE FORMAT



## PERSONAL INFORMATION

Name PATRIZIA STECA  
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Nationality Italian  
Gender Female

## WORK EXPERIENCE

- Dates (from - to) March 2018-present
- Name and address of the employer Department of Psychology, University of Milan-Bicocca, Piazza dell'Ateneo Nuovo 1, 20126 Milano, Italy
  - Type of business or sector Research and higher education university
  - Occupation or position held **Full professor**
  - Main activities and responsibilities Research, teaching, institutional and organizational activities
- Dates (from - to) December 2010-February 2018
- Name and address of the employer Department of Psychology, University of Milan-Bicocca, Piazza dell'Ateneo Nuovo 1, 20126 Milano, Italy
  - Type of business or sector Research and higher education university
  - Occupation or position held **Associate professor**
  - Main activities and responsibilities Research, teaching, institutional and organizational activities
- Dates (from - to) January 2005-November 2010
- Name and address of the employer Department of Psychology, University of Milan-Bicocca, Piazza dell'Ateneo Nuovo 1, 20126 Milan, Italy
  - Type of business or sector Research and higher education university
  - Occupation or position held **Assistant professor**
  - Main activities and responsibilities Research, teaching, institutional and organizational activities

## EDUCATION AND TRAINING

- Dates (from - to) 2000-20004
- Name and type of organisation providing education and training University of Padua
- Principal subjects/occupational skills covered PhD in Social and Personality Psychology
- Title of qualification awarded **Doctoral degree (PhD)**

- Dates (from - to) 1998-1999
- Name and type of organisation providing education and training University of Rome - La Sapienza
- Principal subjects/occupational skills covered

**Post-graduate training**

- Dates (from - to) 1998-1999
- Name and type of organisation providing education and training University of Rome - La Sapienza
- Principal subjects/occupational skills covered

**Specializing post-graduate Master 'Eating disorders'**

- Dates (from - to) 1993-1998
- Name and type of organisation providing education and training University of Rome - La Sapienza
- Principal subjects/occupational skills covered Master's degree program in Psychology
- Title of qualification awarded

**MsC Psychology**

**PERSONAL SKILLS AND COMPETENCES**

MOTHER TONGUE **Italian**  
 OTHER LANGUAGES **ENGLISH**

**SCIENTIFIC SKILLS AND COMPETENCES**

- Research interests (5 Key words): Lifestyle change, Food Decision Making, Health Promotion and Disease Prevention, Health Communication, Personalized e-health Interventions
- Author of 134 peer reviewed papers, 7 books and test manuals, 19 book chapters
- Invited speaker for seminars, expert meetings, and conference participation on more than 150 occasions
- Reviewer for several international journals, including Journal of Health Psychology, Cortex, Studies in Communication Sciences, Medical Research Archives, PLOS-One. Grant proposals reviewer for several international granting agencies, including the Social Sciences and Humanities Research Council of Canada, the Dutch Programme for Educational Research (PROO), and the Israel Science Foundation (ISF)
- Organization of national and international conferences, including the 14th European Congress of Psychology (Milan, 2015)
- Teaching activity:
  - Motivation, Emotion and Personality, Bachelor's degree programs in Psychology
  - Motivation, Emotion and Personality, Bachelor's degree programs in Communication Science
  - Decision making and motivational processes, Master's degree program in Psychology
  - Social sustainability, PhD programs
- Supervisor of 6 PhD students, 2 post-doctoral fellows, more than 200 undergraduate students (three-year, specialist and master's)
- Lecturers in eight different advanced training courses (Masters of I and II level) and post-graduate schools of medicine and psychology

**ACHIEVEMENTS AND SERVICE**

- PI of the FIRB project 'Caratteristiche di personalità e di resilienza, processi di autoregolazione e fattori comunicativi nella definizione di tipologie in pazienti affetti da ipertensione arteriosa essenziale e coronaropatia acuta. Un'indagine longitudinale sugli stili di vita e l'andamento clinico della patologia in pazienti caratterizzati da differenti profili psicologici' - 490.740,00 € (2010-2015)
- PI of the project funded by Lega Italiana Lotta Tumori, Milano 'Valutazione di efficacia del programma di sensibilizzazione antifumo 'Agenti 00Sigarette: missione LILT' - 24.000,00 € (2014)

- Co-PI of the project 'Specchio riflesso – Un intervento multimodale di prevenzione primaria del tabagismo nella prima adolescenza' - (bando di ricerca sanitaria 2014 - 52.190,00 € (2015)
- Coordinator of the Psychology research Unit of the project 'Supporto online per le famiglie con disagio (Family Hub)' (Regione Lombardia, FESR, Unione Europea) - 762.000,00 € (2016-2018)
- Coordinator of the Psychology research Unit of the project '*SMART&Touch-ID: l'HUB per la creazione di sistemi riabilitativi innovativi-SMART, connessi a bisogni e territorio-Touch, individualizzati-ID e sostenibili*' (Call Hub Ricerca e Innovazione, Regione Lombardia, FESR, Unione Europea) - 2.914.253 € (ongoing)
- Scientific co-coordinator of the research laboratory of Psychology and Communication for Health, University of Milan-Bicocca
- Coordinator of the Education and Social Inclusion activities in BASE Sustainability center, University of Milan-Bicocca
- Delegate for the University of Milan-Bicocca in the Education group of RUS (Rete delle Università per lo Sviluppo sostenibile-National network for Sustainable Universities)
- Delegate for the University of Milan-Bicocca in the Social Inclusion group of RUS (Rete delle Università per lo Sviluppo sostenibile-National network for Sustainable Universities)
- Member of the Working Group on gender equality themes, University of Milan-Bicocca
- Member of the Food Committee, University of Milan-Bicocca
- Member of Best4Food research center, University of Milan-Bicocca
- Past Associate Editor for 'Applied Psychology: Health and Well-Being' and 'Psicologia della Salute'
- Coordinator of the Bachelor's degree in Psychosocial Sciences of Communication (2014-2019)
- Member of the Board of Directors, University of Milan-Bicocca (2019-2021)

#### PUBLICATION INDEXES

*Scopus*  
*Google scholar*

- NUMBER OF PUBLICATIONS: 95 (Scopus)
- TOTAL NUMBER OF CITATIONS: 9616 (Google scholar); 3434 (Scopus)
- H-INDEX: 39 (Google scholar); 27 (Scopus)

10 MOST RELEVANT  
PUBLICATIONS  
In the last 10 years.

1. Adorni, R.; Zanatta, F.; D'Addario, M.; Atella, F.; Costantino, E.; Iaderosa, C.; Petarle, G.; Steca, P. Health-Related Lifestyle Profiles in Healthy Adults: Associations with Sociodemographic Indicators, Dispositional Optimism, and Sense of Coherence. *Nutrients* 2021, 13, 3778. <https://doi.org/10.3390/nu13113778>
2. Greco A, Brugnera A, Adorni R, et al. Protein Intake and Physical Activity in Newly Diagnosed Patients with Acute Coronary Syndrome: A 5-Year Longitudinal Study. *Nutrients*. 2021;13(2):634. Published 2021 Feb 16. doi:10.3390/nu13020634
3. D'Addario M, Baretta D, Zanatta F, Greco A, Steca P. Engagement Features in Physical Activity Smartphone Apps: Focus Group Study With Sedentary People. *JMIR Mhealth Uhealth*. 2020 Nov 16;8(11):e20460. doi: 10.2196/20460.
4. Greco A, Brugnera A, D'Addario M, Compare, A, Franzelli C, Maloberti A, Giannattasio C, Fattirolli F, Steca P. A three-year longitudinal study of healthy lifestyle behaviors and adherence to pharmacological treatments in newly diagnosed patients with acute coronary syndrome: hierarchical linear modeling analyses. *J Public Health (Berl.)* (2020). <https://doi.org/10.1007/s10389-020-01369-x>
5. Baretta D, Bondaronek P, Direito A, Steca P. Implementation of the goal-setting components in popular physical activity apps: Review and content analysis. *Digit Health*. 2019 Jul 16;5:2055207619862706. doi: 10.1177/2055207619862706.
6. Baretta D, Perski O, Steca P. Exploring Users' Experiences of the Uptake and Adoption of Physical Activity Apps: Longitudinal Qualitative Study. *JMIR Mhealth Uhealth*. 2019 Feb 8;7(2):e11636. doi: 10.2196/11636.
7. Monzani D, D'Addario M, Fattirolli F, Giannattasio C, Greco A, Quarenghi F, Steca P. Clustering of Lifestyle Risk Factors in Acute Coronary Syndrome: Prevalence and Change after the First Event. *Appl Psychol Health Well Being*. 2018 Nov;10(3):434-456. doi: 10.1111/aphw.12141. Epub 2018 Sep 19. PMID: 30230683.
8. Steca P, Monzani D, Greco A, Franzelli C, Magrin ME, Miglioretti M, Sarini M, Scignaro M, Vecchio L, Fattirolli F, D'Addario M. Stability and change of lifestyle profiles in cardiovascular patients after their first acute coronary event. *PLoS One*. 2017 Aug 29;12(8):e0183905. doi: 10.1371/journal.pone.0183905.
9. Steca P, D'Addario M, Magrin ME, Miglioretti M, Monzani D, Pancani L, Sarini M, Scignaro M, Vecchio L, Fattirolli F, Giannattasio C, Cesana F, Riccobono SP, Greco A. A Type A and Type D Combined Personality Typology in Essential Hypertension and Acute Coronary Syndrome Patients: Associations with Demographic, Psychological, Clinical, and Lifestyle Indicators. *PLoS One*. 2016 Sep 2;11(9):e0161840. doi: 10.1371/journal.pone.0161840.
10. Steca P, Pancani L, Greco A, D'Addario M, Magrin ME, Miglioretti M, Sarini M, Scignaro M, Vecchio L, Cesana F, Giannattasio C, Fattirolli F, Zanettini R. Changes in Dietary Behavior among Coronary and Hypertensive Patients: A Longitudinal Investigation Using the Health Action Process Approach. *Appl Psychol Health Well Being*. 2015 Nov;7(3):316-39. doi: 10.1111/aphw.12050.

**According to law 679/2016 of the Regulation of the European Parliament of 27th April 2016, I hereby express my consent to process and use my data provided in this CV**

Milano, 15/04/2022

Signature

