

## *Curriculum Vitae*

# **Tommaso Palombi**

Sapienza University of Rome  
Department of Psychology of Development and Socialization Processes  
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### **Education**

2013-2016	Bachelor's degree, Psychology, Sapienza University of Rome
2016-2019	Master's degree, Psychology, Sapienza University of Rome (108/110)
2020 - 2024	Ph.D. student, Psychology, Sapienza University of Rome

### **Scientific Appointments and tutoring university experience**

2020-2023	Subject Expert in Psychometrics, Department of Psychology of Development and Socialization Processes, Sapienza University of Rome – PSI/03 – Teaching assistant of Prof Fabio Lucidi
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### **Specialty courses**

2022	Network Analysis Taught by Doug Steiner, Ph.D.
2022	Advanced Course on using Mplus Taught by Ellen Hamaker, Ph.D, Caspar van Lissa, Ph.D, Jeroen Mulder, Ph.D.
2023	Longitudinal SEM in Mplus: Latent Growth and Cross-Lagged Panel Models Taught by Michael Zyphur, Ph.D.
2023	From CFA to SEM with Moderated Mediation in Mplus Taught by Michael Zyphur, Ph.D.
2023	Path Analysis with Interactions and Indirect Effects in Mplus Taught by Michael Zyphur, Ph.D.
2023	Multilevel SEM with Random Slopes and Moderated Mediation in Mplus Taught by Michael Zyphur, Ph.D.
2023	Introduction to Meta-Analysis Taught by Mariola Moeyaert, Ph.D.
2023	Advanced Meta-Analysis Taught by Mariola Moeyaert, Ph.D.
2023	Using ChatGPT for systematic literature reviews Taught by Piers Steel, Ph.D.

## Fundings

2021	Department funding, Sapienza, University of Rome. Project: Positive development among Youth Living in Poverty.	Research component PI: Fabio Lucidi
2022	Department funding, Sapienza, University of Rome. Project: L'efficacia della Realtà Virtuale nel management dello stress nelle pazienti con diagnosi di tumore della mammella durante trattamento chemioterapico	Research component PI: Andrea Chirico
2022	Department funding, Sapienza, University of Rome. Project: Valutazione delle funzioni cognitive attraverso una versione virtuale del Naturalistic Action Test (NAT).	PI
2023	Department funding, Sapienza, University of Rome. Project: Emotional distress, coping, and social support: A network analysis of risk and resources in persons with cancer	PI

## Research Interest

I have different research interests in the areas of health and sport psychology with particular focus on the processes involved in people's "self-regulation" of health behavior, applying different psychometrics models.

## National and international conferences' contributions

2022	F. Alivernini, E. Cavicchiolo, S. Manganelli, S. Germani, A. Chirico, <b>T. Palombi</b> , M. D'Amico, F. Albarello, F. Lucidi. The validation of a time-efficient measure for assessing children's social isolation at school. 14th international conference on education and new learning technologies	Co-author	Poster
2022	<b>T. Palombi*</b> , A. Chirico, F. Galli, F. Alivernini, F. Lucidi. Virtual reality for the assessment of everyday function: preliminary data from virtual reality action test. 30 <sup>o</sup> Congresso dell'Associazione Italiana di Psicologia	Speaker	Symposium presentation
2022	A. Chirico, F. Lucidi, <b>T. Palombi</b> , F. Alivernini. The relations of social-cognitive factors with values in doping research: merging individual and prevalence data from a European survey. 30 <sup>o</sup> Congresso dell'Associazione Italiana di Psicologia.	Co-author	Symposium presentation
2023	Germani, S., Alivernini, F., Chirico, A., <b>Palombi, T</b> , Asquini, G. & Lucidi, F. The effect of peer acceptance, peer friendship, and support for autonomy on students' need for relatedness with classmates. 8 th International Self-Determination Theory Conference.	Co-author	Talk presentation

2023	<b>T. Palombi*</b> , A. Chirico, F. Alivernini, E. Cavicchiolo, F. Lucidi. The network structure of the Behavioral Regulation in Exercise Questionnaire (BREQ-3). XXIX Congresso AIP Sezione Sperimentale.	Speaker	Symposium presentation
2023	F. Galli, A. Chirico, R. Codella, T. Zandonai, A. De Maria, <b>T. Palombi</b> , D. Gotti, L. Malia, F. Lucidi. "vado al massimo!": un programma di intervento interattivo per favorire i processi di autoregolazione nella prevenzione all'uso del doping nei licei sportivi	Co-author	Poster

**Peer-reviewed scientific articles:**

N = 21

h-index: 8

citations: 129

source: Scopus

<https://orcid.org/0000-0001-7548-3949>

**2024**

Filosa, L., Sommovigo, V., Tavolucci, S., Rosa, V., Alivernini, F., Baiocco, R., Borghi, A., Chirico, A., Fini, C., **Palombi, T.**, Pistella, J., Lucidi, F., Alessandri, G. (2024). Daily associations between global self-esteem and self-concept clarity and their relationships with subjective well-being in a sample of adult workers. *Journal of Personality*. doi:10.1111/jopy.12934

Chirico, A., Avellone, M., **Palombi, T.**, Alivernini, F., Alessandri, G., Filosa, L., Pistella, J., Baiocco, R., Lucidi, F. (2024). Catalysts of Wellness: Exploring the Psychological Nexus of Virtual Reality and Physical Activity in Older Adults. *Behavioral Sciences*. 14, 11. doi: 10.3390/bs14010031

Chirico, A., **Palombi, T.**, Alivernini, F., Lucidi, F., and Merluzzi, T. (*InPress*). Emotional distress, coping, and social support: A network analysis of risk and resources in persons with cancer. *Annals of Behavioral Medicine*.

Pistella, J., Baiocco, R., Antonucci, C., Alessandri, G., Alivernini, F., Borghi, A. M., Filosa, L., Fini, C., **Palombi, T.**, Tavolucci, S., and Lucidi, F. (2024). Older LGBT+ Adults and Physical Activity: A Systematic Review of Qualitative and Quantitative Data. *Sexuality Research and Social Policy*.  
 Doi: 10.1007/s13178-023-00925-w

**2023**

Codella, R., Della Guardia, L., Salvetti, M., **Palombi, T.**, Alivernini, F., Epifano, V, Mariani, C., Lucidi, F, Chirico, A. (*Under review*). Recreational sport-based activity improves psycho-emotional status in community-dwelling individuals living with substance abuse disorder. *Mental Health and Physical Activity*.

Codella, R., Lucidi, F., Alivernini, F., **Palombi, T.**, Glad, B., Gracia, J., Gotti, D., La Torre, A., Chirico, A. (2023) "I RUN CLEAN Project" - an innovative and self-sustainable approach to develop clean sport behaviors in grassroots athletes. *Eur. J. Investig. Health Psychol. Educ.* 2023, 13, 2561–2573.  
<https://doi.org/10.3390/ejihpe13110178>

Galli, F., Chirico, A., Codella, R., Zandonai, T., Deplano, V., De Maria, A., **Palombi, T.**, Gotti, D., Alivernini, F., Mallia, L. and Zelli, A., (2023). "I Am on Top!": An Interactive Intervention Program to Promote Self-Regulation Processes in the Prevention of the Use of Doping in Sports High Schools. *s. Eur. J. Investig. Health Psychol. Educ.* 2023, 13, 2630–2641. <https://doi.org/10.3390/ejihpe13110183>

**Palombi, T.**, Galli, F., Giancamilli, F., D'Amico, M., Alivernini, F., Gallo, L., Neroni, P., Predazzi, M., De Pietro, G., Lucidi, F., Giordano, A., and Chirico, A. (2023). The role of sense of presence in expressing cognitive abilities in a virtual reality task: an initial validation study. *Scientific Reports*. Volume 13, Issue 1. doi: 10.1038/s41598-023-40510-0

**Palombi, T.**, Lucidi, F., Chirico, A., Alessandri, G., Filosa, L., Tavolucci, S., Borghi, A.M., Fini, C., Cavicchiolo, E., Pistella, J., Baiocco, R., and Alivernini, F. Is the Behavioral Regulation in Exercise Questionnaire a Valid Measure in Older People? *Healthcare* 2023, 11, 2707. <https://doi.org/10.3390/healthcare11202707>

S. Germani, **T. Palombi**, A. Chirico, G. Asquini, F. Alivernini, F. Lucidi. (2023). Supporting students' motivation: the pathway between parents and teachers autonomy support and students' achievement. 17th International Technology, Education and Development Conference. pp. 5665-5671

## 2022

Cavicchiolo, E.; Lucidi, F.; Diotaiuti, P.; Chirico, A.; Galli, F.; Manganelli, S.; D'Amico, M.; Albarello, F.; Girelli, L.; Cozzolino, M.; Sibilio, M., Zelli, A., Mallia, L., Germani, S., **Palombi, T.**, Fegatelli, D., Liparoti, M., Mandolesi, L., Alivernini, F. Adolescents' Characteristics and Peer Relationships in Class: A Population Study. *Int. J. Environ. Res. Public Health* 2022, 19, 8907. <https://doi.org/10.3390/ijerph19158907>

Cavicchiolo, E.; Sibilio, M.; Lucidi, F.; Cozzolino, M.; Chirico, A.; Girelli, L.; Manganelli, S.; Giancamilli, F.; Galli, F.; Diotaiuti, Zelli, A., Mallia, L., **Palombi, T.**, Fegatelli, D., Albarello, F., Alivernini, F. The Psychometric Properties of the Behavioural Regulation in Exercise Questionnaire (BREQ-3): Factorial Structure, Invariance and Validity in the Italian Context. *Int. J. Environ. Res. Public Health* 2022, 19, 1937

**Palombi, T.**; Mandolesi, L.; Alivernini, F.; Chirico, A.; Lucidi, F. Application of Real and Virtual Radial Arm Maze Task in Human. *Brain Sci.* 2022, 12, 468.

Chirico, A., Vizza, D., Valente, M., Lo Iacono, M., Campagna, M.R., **Palombi, T.**, Alivernini, F., Lucidi, F., Bruno, F. (2022). Assessing the Fear of Recurrence in Breast Cancer Survivors: the Italian Validation of Cancer Worry Scale (CWS). *Psycho-Oncology*.

Galli, F., Giancamilli, F., **Palombi, T.**, Vitale, J., Borghi, S., La Torre, A., Lucidi, F., Codella, R., Chirico, A. (2022). Anxiety, motives, and intention for physical activity during the Italian COVID-19 lockdown: a longitudinal study. *Applied Psychology: Health and Well-Being*.

S. Germani, **T. Palombi**, M. D'Amico (2022) The Relationship Between Teachers' Autonomy Support And Students' Motivation, Achievement And Well-Being, *Edulearn22 Proceedings*, pp. 9463-9469.

S. Germani & **T. Palombi** (2022). Relationship between autonomy support and students' school well-being: the mediating role of need for competence. *Education and New Developments* 2022. pp. 9463-9469.

## 2021

**Palombi, T.**, Galli, F., Mallia, L., Alivernini, F., Chirico, A., Zandonai, T., Zelli, A., Lucidi, F., Giancamilli, F. (2021). The effect of emergency remote teaching from a student's perspective during COVID-19 pandemic: findings from a psychological intervention on doping use. Smart Education and e-Learning 2021.

Galli, F., **Palombi, T.**, Mallia, L., Chirico, A., Zandonai, T., Alivernini, F., De Maria, A., Zelli, A., Lucidi, F. (2021). Promoting media literacy online: An intervention on performance and appearance enhancement substances with sport high school students. Environmental Research and Public Health.

Giancamilli, F., Galli, F., Chirico, A., Fegatelli, D., Mallia, L., **Palombi, T.**, Cordone, S., Alivernini, F., Mandolesi, L., & Lucidi, F. (2021). When the going gets tough, what happens to quiet eye? The role of time pressure and performance pressure during basketball free throws. Psychology of Sport and Exercise, 102057. <https://doi.org/10.1016/j.psychsport.2021.102057>

Giancamilli, F., Galli, F., Chirico, A., Fegatelli, D., Mallia, L., **Palombi, T.**, Lucidi, F. (2021). High-Pressure Game Conditions affect Quiet Eye depending on the Player's Expertise: Evidence for Online Control function during the Basketball Three-Point Shot. Frontiers in Psychology.

## 2020

Mallia, L., Chirico, A., Zelli, A., Galli, F., **Palombi, T.**, Bortoli, L., Conti, C., Diotaiuti, P., Robazza, C., Schena, F., Vitali, F., Zandonai, T., Lucidi, F. (2020). The Implementation and Evaluation of a Media Literacy Intervention About PAES Use in Sport Science Students. Frontiers in Psychology, 11(March), 1-10. <https://doi.org/10.3389/fpsyg.2020.00368>

Lardone, A., Sorrentino, G., Giancamilli, F., **Palombi, T.**, Simper, T., Mandolesi, L., Lucidi, F., Chirico, A., Galli, F. (2020). Psychosocial variables and quality of life during the COVID-19 lockdown: A correlational study on a convenience sample of young Italians. PeerJ. <https://doi.org/10.7717/peerj.10611>

**Dichiarazione sostitutiva di certificazione e dell'atto di notorietà ai sensi degli artt. 46 e 47 e degli artt. 75 e 76 del DPR 445/2000 e successive modificazioni ed integrazioni.**

**Il sottoscritto Tommaso Palombi, sotto la propria responsabilità, ai sensi e per gli effetti degli articoli 46 e 47 del DPR 445/2000, consapevole di quanto prescritto dagli articoli 75 e 76 del medesimo DPR, rispettivamente sulla responsabilità penale prevista per chi rende false dichiarazioni e sulla decadenza dai benefici eventualmente conseguenti al provvedimento emanato sulla base di dichiarazioni non veritiere,**

**Dichiara**

**Che le informazioni riportate nel seguente curriculum vitae corrispondono a verità.**