

BARBARA SOFIA ILARDO, PhD

FULLSTACK DEVELOPER | POPULATION GENETICIST | SPEAKER & EDUCATOR

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  ADHDologia

 <https://barbarailardo.github.io>
 Reggio Emilia, Italy



I help businesses and individuals understand and embrace neurological diversity through consultations, seminars, workshops and podcasts.

Born in Argentina, I spent my childhood and adolescence between the **United States, Spain** and **Italy**. I'm known as **@ADHDologia** on YouTube and Instagram, where I raise awareness on neurodiversity in adults.

WORK EXPERIENCE

2022 - present

Science Communicator, Videomaker and Content Creator

ADHDologia

I create educational content for the Instagram and YouTube channels **@ADHDologia** as well as produce and host a **podcast** on Spotify titled "Datti una Regolata: La Scienza dello Smadonramento." I speak about neurodivergence at live events, such as **TEDxPisa** and **Perspektywy Women in Tech Summit**. I grow my online community organically as well as through marketing campaigns using Meta Ads, analyzing key performance indicators (KPIs) to optimize engagement and click-through rates.



2022 - 2024

Fullstack Software Developer

iper.net | Rimini, Italy

During my time at iper.net, I worked on the **development of front-end and back-end SaaS web applications** following the Model-View-Controller architecture. I utilized **Adobe ColdFusion, CFML, JavaScript, HTML, CSS, SQL**, and version control tools like **Git** and **TortoiseSVN**. I also designed and implemented **REST APIs** for integration with other software and online payment gateways.



2018 - 2023

Doctoral Researcher

Liverpool John Moores University & Fondazione Edmund Mach | UK & Italy

Throughout my PhD, I conducted research in **population genetics**, focusing on the **evolutionary history** and conservation of endemic biodiversity in species of ecological and economic significance. I presented my findings at **international conferences**, such as TiBE 2019 in Vairão, Portugal. I managed terabytes of genomic data, overseeing every stage of analysis, **from experimental design to data visualization**, using Python libraries like Matplotlib, Seaborn, and Bokeh. I also developed protocols in R, Python, and Bash for genomic analysis in High-Performance Computing environments on Linux servers, including virtual environments and containerized solutions such as Docker and Singularity.



OTHER EXPERIENCES

Feb - Jul 2017

Erasmus+ Traineeship - Population Genetics Lab

Estación Biológica de Doñana | Seville, Spain

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EDUCATION

- Jan - Jun 2024 **Postgraduate Degree in Neurodiversity and Educational Psychology**
University of Urbino "Carlo Bo" | 110/110 cum Laude
- 2018 - 2023 **PhD in Population Genomics**
Liverpool John Moores University, UK & Fondazione Edmund Mach, Italy
- 2015 - 2017 **MSc in Management of Natural Resources**
University of Bologna | 110/110 cum Laude
- 2012 - 2015 **BSc in Biotechnology**
University of Bologna | 110/110 cum Laude

ADDITIONAL TRAINING

- Nov 2024 - Jan 2025 **Intensive Course on Entrepreneurship**
140-hour professional training @ Cerform (Modena, Italy)
- May - Jun 2023 **Customer Relations Management, Strategic Marketing and Communication**
40-hour professional training @ Assoform Romagna (Rimini, Italy)
- May 2019 **Advanced Evolutionary Biology: Bayesian Inference of Phylogeny**
Instituto Gulbenkian de Ciéncia (Oeiras, Portugal)
- Jun 2019 **Advanced Course in Bioinformatics and Genomic Analyses**
European Molecular Biology Organization @ Fondazione Edmund Mach (Trentino, Italy)
- 2004 - 2005 **Traditional and Digital Drawing and Animation**
Sony Pictures Entertainment (Los Angeles, USA)

SKILLS



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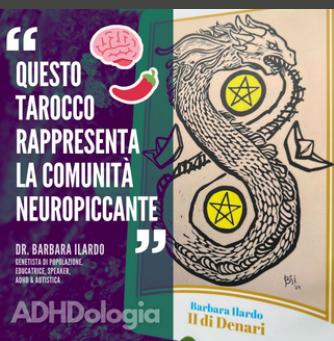
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LIVE EVENTS



TEDxPISA

Pisa, Italy | October 27th, 2024



"The Witches' Night" Festival

San Giovanni in Marignano, Italy | June 19th - 23rd, 2024



Neurodiversity Celebration Week

Roche Warsaw, Poland | March 18th - 22nd, 2024



First Adult ADHD Meetup in Italy

BASE @ Milan, Italy | November 2023



Nutrition & Neurodivergence

Café de la Paix @ Trento, Italy | March 2023

Scientific aperitif "Drink&Learn"

Bookique @ Trento, Italy | January 2020

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PODCASTS

Datti una Regolata: La Scienza dello Smadonnamento

My personal podcast - whose title can be roughly translated as “**Get a Grip: The Science of Letting It All Out**” - where I discuss the neurodivergent mind and how to respect and assert yourself in neurotypical society while navigating life pre- and post-diagnosis, all framed within a Jungian perspective.



I'm also a guest on these other podcasts:

Pelle | S.01 Ep.05

“What Do We Mean by Neurodiversity?”

Dev Yourself | S.01 Ep.04

“Neurodivergent Wellbeing in Tech with Barbara Ilardo”

Condominio 101 | S.04 Ep.11

“ADHD is Ancestral! With Barbara Ilardo”

ADHD talk

“ADHD and Ketogenic Diet with Dr. Barbara Ilardo and Dr. Camilla Diotallevi”

ADHD talk

“ADHD and Metabolic Health with Dr. Barbara Ilardo and Dr. Camilla Diotallevi”

